




# Carolina country

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57 ISSUES

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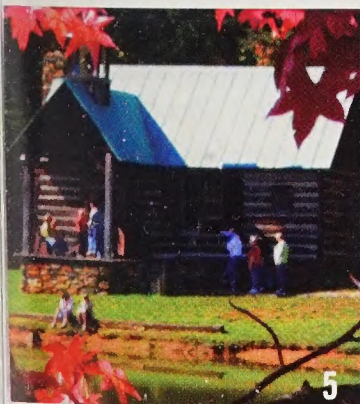
Photo © 2007 James Thomas Josephs, jtjosephs.com/oz.



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

## Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



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Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 7 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc. (ISSN 0008-6746) (USPS 832800)

POSTMASTER: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

## HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

# This is an important election for all of us



By Jay Rouse

As far as our energy future is concerned, the general election this fall is a very big deal.

In 2009, it's likely that elected officials at the federal, state and even local levels will propose and vote on measures affecting where our energy comes from, how it is produced, and how we make use of it.

Regardless of who is elected President of the United States, the new administration probably will begin drafting energy policy legislation soon after Inauguration Day. Members of Congress, the new North Carolina governor, and members of the North Carolina General Assembly also have energy policy agendas they plan to unveil.

Judging from what we have seen during the past two years, new energy-related bills probably will address some or all of the following issues:

- Incentives and mandates for developing renewable energy sources.
- Energy efficiency programs for homes, public buildings and businesses.
- Efficiency standards for vehicles, appliances and buildings.
- Encouraging construction of nuclear power plants.
- Options for disposing of or reprocessing spent nuclear fuel.
- Domestic oil and natural gas exploration and acquisition.
- Clean coal technology.
- Public transportation initiatives.
- National and regional electricity grid and transmission systems.
- Climate change proposals and emissions mitigation programs.

Whatever legislation and regulations emerge from Congress, the Administration and the North Carolina General Assembly will affect your electric bill. It's in your best interest to know what your elected representatives have in mind. [See the questions we posed to the U.S. Senate and gubernatorial candidates and their responses on pages 12-15.]

Because energy policy is on the government's front-burner these days, we're sure to see proposals that differ widely. For whatever reason, some politicians may place unrealistic demands and timetables on energy producers including electric utilities that deliver power to homes and businesses. The energy business requires very long-range planning. Making sudden changes in course can be risky, unsafe and expensive.

For generations, North Carolina's electric cooperatives have respected the roles that government agencies and officials have in the utility business. The elected directors and the management of your electric cooperative are always prepared to help public officials understand the complexities of what we do. We continually stress that our highest priority is to protect your interests, as members who own your cooperatives, along with the prosperity of the communities where you live and work. That's why we have been following the campaigns closely this election season and have been talking with incumbents and challengers.

Try learning all you can about where the candidates stand on issues that concern you. Go to their Web sites or contact their headquarters.

Then, be sure to vote. North Carolina makes it convenient for everyone to vote. Contact your county's Board of Elections for specific information about registration, mail-in ballots, early voting schedules and locations, and Election Day polling places. You can also get information on the state's Board of Elections Web site: [www.sboe.state.nc.us](http://www.sboe.state.nc.us)

## Here are some dates that can help for the Nov. 4 general election.

Registration Deadline:	Oct. 10.
Mail-in Ballots:	Sept. 15-Oct. 28
Early "One Stop" Voting:	Oct. 16-Nov. 1
Voting at Polls:	Nov. 4

Jay Rouse is director of government affairs for the North Carolina Association of Electric Cooperatives.





### Jones County fishing

This is a photo I took while we were fishing off of Catfish Lake Road in Jones County. It shows my husband, Pete Winther, and our grandson Tucker Pearce. They both look so deep in thought.

*Ginger Austin, Maysville, Jones-Onslow EMC*

### The power of Bright Ideas in our schools

South River EMC awarded me a Bright Ideas grant to purchase an interactive whiteboard for my classroom in 2006–2007. I had just transferred from the highest performing high school in my county to the lowest performing one. When I first arrived, teaching with new technologies such as smartboards was not even on the radar. People only had negative things to say about them. However, after I was awarded a grant to purchase one for my chemistry classroom, the news spread like wildfire. The initial “wow” factor for my students was incredible. They bought in to this new style of teaching immediately. The initial common comment was: “I wish I had one of those at home!” I told my students to begin talking to their other teachers and the administrators to explain how much they like having a smartboard in class.

This past school year (2007–2008), the media tech teachers and the administration really took this idea to a new level. They began purchasing additional smartboards for the science and math classrooms throughout the school.

My grant was entitled “I.C.A.N: Integrate, Collaborate, and Activate your Noggin.” I quoted the commercial I saw on TV that said one idea can spark a thousand.

Thanks to the cooperatives’ program, we are indeed doing that at our school. Even though we are a priority school as identified by Judge Manning, our students are improving and becoming more engaged in their learning. For example, the Chemistry EOC scores before I transferred showed only 46 percent of the students were at grade level. This past school year when the Chemistry EOC was reinstated, we are predicting 60 percent of my chemistry students will be at grade level.

I just wanted to write and say thank you.

*Stephanie Kincaid Creech*

### Contact us

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## WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by October 8 with your name, address, phone number and the name of your electric cooperative.

**By e-mail:** [where@carolinacountry.com](mailto:where@carolinacountry.com)

**Or by mail:** Where in Carolina Country?  
 P.O. Box 27306  
 Raleigh, NC 27611

The winner, chosen at random and announced in our November issue, will receive \$25.

### September winner:

The September picture showed a tree growing around a car near Mabry Automotive, West Main St. in Albemarle, Stanly County. The correct answers were numbered, and the \$25 winner chosen at random was Wesley M. Barbee of Oakboro, a member of Union Power Cooperative.








# IT'S TIME TO COME TOGETHER AND CHANGE OUR FUTURE.

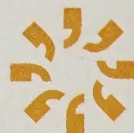
## We have an energy challenge, America.

When it comes to finding solutions, we must meet climate change goals while keeping costs down and electricity available. America needs a plan. Immediately. Because we all know that our energy needs keep on growing – every day.

Now is the time to have a candid conversation with your elected officials. Together, we can find answers and take action.

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Everybody loves a clean home. What they hate is the chore of cleaning it. But now you could get the job done in half the time with **THE NEW ORECK POWER TEAM.** Featuring two incredibly light, amazingly powerful vacuums: the new 9-lb. Oreck XL<sup>®</sup> Gold Series Upright<sup>\*</sup> and its companion 5-lb. Handheld Vac<sup>\*</sup>.

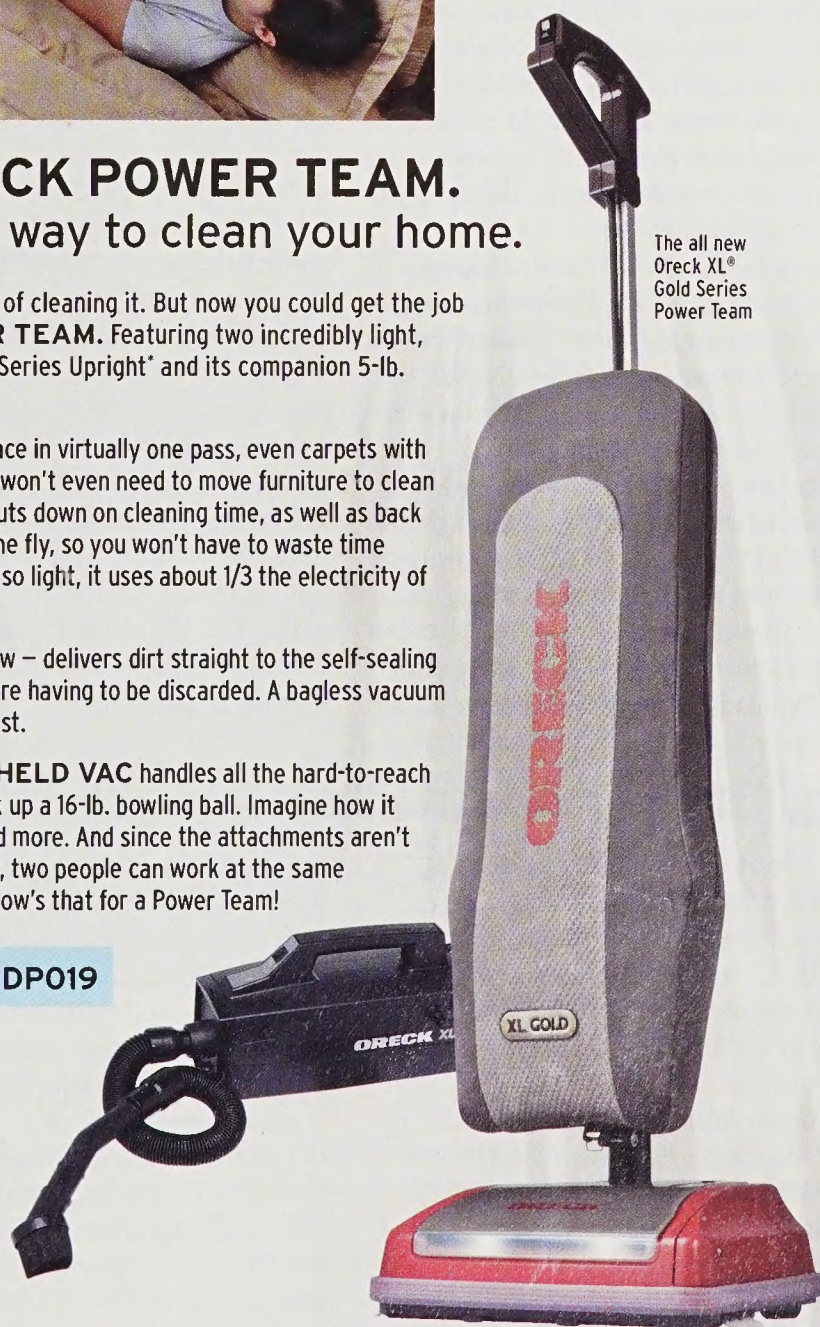
The new XL Gold is so **POWERFUL** you can clean any surface in virtually one pass, even carpets with clingy pet hair. It's so lightweight and maneuverable that you won't even need to move furniture to clean under and around it, and then move it back. Which certainly cuts down on cleaning time, as well as back pain. It self-adjusts its cleaning height between surfaces on the fly, so you won't have to waste time stopping and stooping to make adjustments. And because it's so light, it uses about 1/3 the electricity of virtually any other major brand.

The new XL Gold's **DIRECT SUCTION** –102 mph of air flow – delivers dirt straight to the self-sealing Oreck vacuum bag, which can take up to 9 pounds of dirt before having to be discarded. A bagless vacuum must have its dirt cup frequently emptied – often releasing dust.

Then to top it off, the accompanying hypo-allergenic **HANDHELD VAC** handles all the hard-to-reach above-the-floor duties, fast and easy. It's so powerful it'll pick up a 16-lb. bowling ball. Imagine how it will work on upholstery, stairs, bookcases, lamps, ceilings, and more. And since the attachments aren't attached to the upright, as they are with most other vacuums, two people can work at the same time, really **CUTTING CLEANING TIME IN HALF.** How's that for a Power Team!

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## Carteret-Craven Electric tries a safe, efficient "meter scooter" for reading meters

Carteret-Craven Electric Cooperative's field service representatives have tested a scooter for meter reading in several residential areas, and they have recorded gas savings and increased efficiency.

"You can go all day and use only a little amount of gas," said service rep Barry McGarva, who was the first to try the scooter to read meters in Harkers Island. McGarva read those meters on a Tomos scooter, which was part of Harkers Island EMC's fleet when the two organizations merged January 1.

He estimated he used a quarter to a half tank of gas during six hours of meter reading, and the tank holds just over one gallon. McGarva added that he shaved three hours off the time it normally took to read the meters on his Harkers route using his fleet pickup truck and his two feet.

"The members in Harkers Island are accustomed to it, so they tell me to drive on up in the yard," McGarva said.

Sixteen-year cooperative veteran David Harper said his test ride on the scooter went surprisingly well. He read meters in a few Emerald Isle neighborhoods, where residents and visitors spend a lot of time, walking, running, biking and riding golf carts along subdivision roadways.

"It's a lot safer than constantly parking and backing a truck," Harper said.



Field service rep. David Harper tries out a "meter scooter" in Carteret-Craven Electric Cooperative's service area.

"On the scooter, you can pull into a driveway, read the meter, get back on the scooter and leave without having to back out onto the road."

The field service reps wear a bicycle helmet and a reflective orange vest. They have been getting quite a few stares from passersby and residents who are accustomed to seeing a cooperative pickup truck. But one curious resident stopped and talked to Harper and told him he thought the idea was great.

The field service reps are going to continue testing the scooter in other areas to fully assess the feasibility of adding more to the fleet, but in the first few tests, those who have used the scooter say the gas mileage is hard to beat.

## Brunswick Electric serves "green" home

Brunswick Electric Membership Corporation recently energized its first "green" home. Located in the Brunswick Forest neighborhood about six miles south of Wilmington off Hwy. 17, the home utilizes renewable energy and is engineered for net zero energy cost.

The home features solar roof panels that generate energy. It also has a geothermal heat pump, which uses the earth's relatively constant temperature instead of outside air to heat and cool the home. Very thick exterior walls and chambered vinyl windows with airtight weather stripping are also featured in the new energy efficient home. Icynene insulation, which provides protection from allergens, dust and mold, also provides increased energy efficiency in the home. Other energy efficiency features in the home include low-flow water fixtures and ENERGY STAR appliances.

The home has two meters, one to measure the electricity coming from BEMC into the home and the other to measure the energy generated by the solar system and fed back onto the electric grid. If the home is managed properly, the energy generated should offset the home's electric bill.

Visit [www.brunswickforest.com](http://www.brunswickforest.com) to learn more about the new green home served by Brunswick EMC.

## Bright Ideas grant sparks the Front Porch Pickers from Bee Log Elementary School

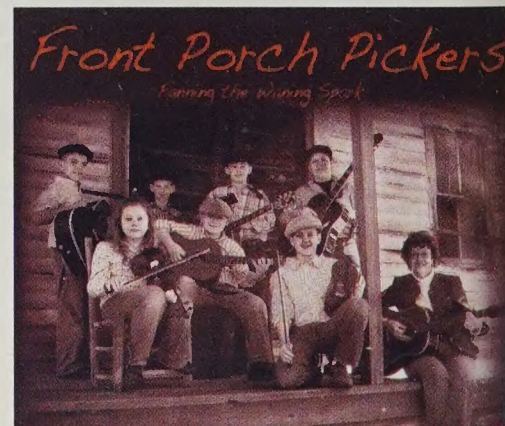
The Front Porch Pickers of Bee Log Elementary School in Burnsville celebrated the release of their music CD entitled "Fanning the Waning Spark" this summer. A Bright Ideas grant from French Broad Electric Membership Corporation sparked the project.

Andrea Allen, principal of the school, said the project began as an outgrowth of the students' study of Carter Family recordings from the Great Depression era. Former principal Sheila Pate Ramsey, along with her father, Arnie Pate, and her uncle, Marshall Pate, and community member R.M. Randolph, founded the Front Porch Pickers. The Pate brothers came to Bee Log each week to give free guitar lessons to children. The Pate

brothers passed away, leaving Shelia Ramsey to carry out their dream. Today, with Ramsey's direction and leadership, the Front Porch Pickers have traveled to many places in North Carolina and parts of Tennessee. Ramsey continues to volunteer to teach guitar to students at Bee Log Elementary School.

The school also acknowledged help from local recording artist James Laws and employees of Shorewood Packaging Company of Weaverville, who provided the CD covers.

The CD is available from Shelia Pate Ramsey at (828) 682-6332 or Denny Wilson at (828) 208-4004. After production expenses are met, all proceeds will go to benefit Bee Log Elementary School.



On the cover of their CD, the Front Porch Pickers are (from left) Briana Higgins, Levi Robinson, Ethan Wilson, Luke Wilson, Isaac Allen, Jacob Banks, Dalton Cannon and Shelia Ramsey.



# Try This!

**Q:** I have switched to compact fluorescent bulbs (CFLs) in most places in my home, except where I have dimmer switches and three-way sockets. Will CFLs work in those?

*Raymond Tuers, Brevard, Haywood EMC*



**A:** The typical CFLs available at retailers are for fixtures that are controlled either "on" or "off." According to ENERGY STAR at the U.S. Department of Energy, "If a light fixture is connected to a dimmer or three-way switch, you'll need to use a special ENERGY STAR-qualified CFL designed to work in these applications. Make sure to look for CFLs that specify use with dimmers or three-way fixtures."

These specialized CFLs are typically much more expensive to purchase and will state on the packaging their specific application such as "3-way" or "dimmable." The 3-way CFLs are readily available and work just like the old incandescent 3-way lamp they replace. They typically cost around \$12 per lamp, compared to \$2 or \$3 per lamp for a typical CFL.

If you have recessed incandescent lighting with a dimmer switch, and are thinking about replacing them with CFLs, you should consider the following:

1. How much do you really use the dimmer feature for these lights?  
Dimmers are typically used to control the room ambience through reduced light levels. If you need this functionality, but rarely have many lighting hours on these fixtures, replacing with dimmable CFLs may not be economical, so you may want to keep your old incandescent.
2. If you do use these fixtures and the dimming capabilities a lot, or just want to maximize the efficiency without worrying about a return on your investment, replacing these lamps with the appropriate "dimmable" CFLs will work.
3. If you don't use or need the dimmer capabilities, replace the dimmer switch with a regular switch, and then you can install regular reflector-type CFLs as replacements.

*Source: GreenCo Solutions*

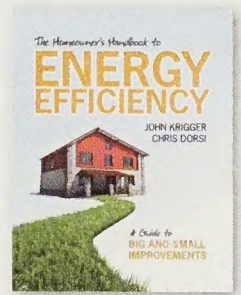
## Can you help others save energy?

Send your conservation ideas or questions to us.

P.O. Box 27306, Raleigh, NC 27611, or E-mail: [editor@carolinacountry.com](mailto:editor@carolinacountry.com)

## New guide to an energy-efficient home

In their new book "The Homeowners Handbook to Energy Efficiency," John Krigger and Chris Dorsi help homeowners set realistic personal goals for reducing their energy consumption. Their methods for making homes more energy efficient are also intended to improve comfort, safety, durability and resale value.



The book guides readers through the process of assessing current energy usage and predicting the benefits and estimating the costs of remodeling options. Projects include simple fixes and large-scale renovations.

John Krigger founded Saturn Resource Management in 1987 and began publishing books on energy conservation and energy efficiency for buildings. Since then, he has authored or co-authored dozens of energy publications. Currently, he is working with homeowners across North America to establish ways of implementing a zero-energy construction approach.

Chris Dorsi is a managing partner of Saturn Resource Management, with 35 years of experience in construction management, 20 years in the energy conservation business, and thousands of days of technical training. He has authored dozens of books and training manuals and hundreds of consumer education articles.

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[www.srmi.biz](http://www.srmi.biz)

[www.homeownershandbookbiz](http://www.homeownershandbookbiz)

## Buy tax-free energy-efficient appliances in November



Consumers can save on the purchase price of certain energy-efficient ENERGY STAR appliances during a North Carolina sales-tax-free weekend in November. State government has declared the weekend of Friday, Nov. 7 through Sunday, Nov. 9, a

tax holiday ENERGY STAR weekend. Qualified products are exempt from all North Carolina and local sales and use taxes if sold between 12:01 a.m. Nov. 7 through 11:59 p.m. Nov. 9.

ENERGY STAR qualified products are those that meet the energy-efficiency guidelines set by the

U.S. Environmental Protection Agency and the U.S. Department of Energy and are authorized to carry the ENERGY STAR label. Only the following ENERGY STAR products will be exempt from tax: clothes washers, freezers, refrigerators, central air conditioners, room air conditioners, air-source heat pumps, geothermal heat pumps, ceiling fans, dehumidifiers and programmable thermostats. The exemption does not apply to rentals of qualified products or to sales of qualified products for use in a trade or business, including sales to contractors of products that will be installed in buildings or structures.



# Finally, a Shine That Lasts

## Miracle Polish Ends Struggle With Tarnishing Metals By D.H. Wagner



I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Marianne Rohrich, columnist for the New York Times, wrote "I don't enjoy polishing silver, but I pulled out a couple of tarnished pieces to try a product recommended by a colleague that shines silver and other metals, like chrome, stainless steel and brass." She went on to say, "The results, without much elbow grease, were so stellar that I used the cream on my stainless steel sink. It shone as it did when it was new, 25 years ago."

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish referred to as 'miracle polish' that'll turn the most disastrous pieces into the most de-bright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results - no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to refurbish my mother's antique brass and copper cookware. The badly stained pots and pans developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is unbelievable and although I wash dishes every day, the shine keeps-on-shining. And it's no longer covered with ugly water spots, water just rolls off the protective finish and down the drain.

A consumer study of 28 metal polishes reports, "MAAS Polishing Creme has no equals in all around polishing performance..." MAAS retained its shine longer than every polish tested. The Miami Herald says, "Polishing product can renew old silver." The Chicago Tribune headline sums it all up by saying "One Amazing Polish Is The Best At Everything."

How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth



that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands dry and burning - one instant silver dip smelled so bad I felt sick. That's when I became determined to find a better way to care for the metals in my home."

And that she did. Her french lavender scented formula developed with a chemist friend quickly restores and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen. "To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS restores glass fireplace doors, clouded crystal vases, fiberglass, linoleum even plastic. The restorations were so remarkable everyone suggested that I sell my invention on television."

Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna to personally appear on TV to demonstrate her product. 17,000 viewers called during MAAS' debut and encore performances brought a million dollars in record-breaking sales.

Leona Toppel, was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to

everyone's surprise it's still glowing."

"MAAS outperforms every polish I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

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# Our Energy, Our Future

## What the candidates say

Two of the most-watched contests this election season are the statewide races for the U.S. Senate seat held by Elizabeth Dole (challenged by Kay Hagan) and the North Carolina governor's seat pitting Lt. Gov. Beverly Perdue, the Democratic nominee, against Charlotte mayor Pat McCrory, the Republican nominee. The North Carolina Association of Electric Cooperatives posed questions about our energy future to each of these candidates. Their responses follow (candidates listed alphabetically for each race).

### Candidates for U.S. Senate



#### Elizabeth Dole

Elizabeth Dole is a Republican who has represented North Carolina in the U.S. Senate since her election in 2002. Prior to that she was deputy assistant to President Richard M. Nixon for Consumer Affairs, a member of the Federal Trade Commission, assistant to President Ronald Reagan for Public Liaison, President

Reagan's Secretary of Transportation, President George H.W. Bush's Secretary of Labor, and president of the American Red Cross. She currently serves as the national director of Education and Information for Hospice. She was born in Salisbury and is married to former U.S. Senate Majority Leader and 1996 Republican presidential nominee Sen. Bob Dole.

#### DOLE 2008

401 East Innes Street  
Salisbury, NC 28144

Phone: (704) 633-0014  
E-mail: [info@elizabethdole.org](mailto:info@elizabethdole.org)  
Web: [www.elizabethdole.org](http://www.elizabethdole.org)



#### Kay Hagan

Kay Hagan is a Democrat who has represented Guilford County in the N.C. Senate since her election in 1998. Prior to that she was a vice president at NCNB (now Bank of America), then North Carolina's largest bank. She has served in the senate as a co-chair of the Budget Committee and the Pensions, Retirement &

Aging Committee, and has been a member of the following committees: Appropriations; Commerce, Small Business and Entrepreneurship; Education/Public Instruction; Finance; Health Care; Joint Select Committee on Economic Development Incentives; and Select Committee on Employee Hospital and Medical Benefits. She was born in Shelby. Sen. Hagan and her husband, Chip, have three grown children.

#### Kay Hagan for U.S. Senate

700 N Eugene St.  
Greensboro, NC 27401

Phone: (336) 617-7416  
Web & e-mail: [www.kayhagan.com](http://www.kayhagan.com)



# There's never been an election that could affect your energy expenses more than this one!

## A conversation with U.S. Senate Candidates Elizabeth Dole and Kay Hagan

### Your plan for electricity in the future?

**Q:** Experts say that our nation's growing electricity needs will soon go well beyond what renewable energy, conservation and efficiency can provide, especially in a state growing as fast as North Carolina. What is your plan to make sure we have the electricity we'll need in the future?

**DOLE:** We need to make sure we have the base load electricity generation at affordable costs to supply North Carolina's growing population—this means keeping all options on the table. We must pursue all of our resources, including nuclear, clean coal, natural gas, wind, solar, biomass and geothermal. We need a stronger Nuclear Regulatory Commission staff to approve new nuclear applications expeditiously, and move those projects forward. We also need to put much more in terms of resources into the research, development and deployment of renewable resources, and the ability to harness and store the energy those renewable sources provide. We must move forward with a smart grid to bring our electrical grid into the 21st Century and make better use of our energy generation. North Carolinians also need affordable transportation fuels, and that is why I support offshore drilling, plug-in hybrid electric vehicles, and next generation biofuels.

**HAGAN:** The United States has less than 3 percent of the world's oil reserves and yet we use a quarter of the world's oil. We're never going to produce all of the oil we need, and we aren't going to be able to rely solely on conservation either. There needs to be a comprehensive plan which addresses additional production, as well as additional investments in renewable energy. I support the bipartisan "Gang of 10" proposal currently in the U.S. Senate, which allows for some drilling in cooperation with a sustained investment in renewable energy. I have repeatedly called for repealing the \$17 billion in tax incentives Big Oil and Gas are currently receiving from Elizabeth Dole and President Bush, using those funds to invest instead in renewable energy and new technologies that expand local energy production in America and create local jobs that can't be exported, a strategy adopted by the new bipartisan plan. Ultimately, this problem can only be solved with an aggressive, forward-thinking plan to get us to the point of energy independence.

### Your position on nuclear energy?

**Q:** Nuclear power emits no greenhouse gases and has a strong safety record in the United States. Please explain your level of support or opposition concerning new nuclear power plants, including federal incentives for utilities to build them?

**DOLE:** I am a strong supporter of new nuclear, and we need to do everything possible to create the atmosphere for a nuclear renaissance in America. We need:

- an investment tax credit for nuclear power facilities
- an accelerated depreciation for new nuclear power facilities
- a credit for qualifying nuclear power manufacturing
- stand-by support for certain nuclear plant delays
- incentives for innovative technologies.

Further we need greater support for programs like NuStart. These include:

- projects to develop the next generation nuclear plant
- create a nuclear energy workforce
- an interagency working group to promote a domestic manufacturing base for nuclear components and equipment
- create a nuclear power technology fund
- fast-track a spent fuel recycling program.

We also need to open up Yucca Mountain and the federal nuclear waste depository. The current delays are simply unacceptable.

**HAGAN:** As part of a plan to end our dependence on foreign oil and increase the use of renewable fuels, I support the use of nuclear power and would like to see its use expanded. However, it must be safe and cost efficient, and we need a practical, safe, and secure way to deal with spent nuclear rods.

### Your approach to climate change legislation?

**Q:** Legislation to combat climate change will likely be debated as a major part of Congress' energy policy in 2009. It is vital that any climate change legislation balance the costs to consumers with real environmental benefits. How will climate change legislation impact North Carolina's consumers?

**DOLE:** In any climate legislation, the goal must be to not negatively impact North Carolina's consumers - with regard to cost or behavior. We can find the right balance between protecting North Carolina and the United States against the predicted negative ramifications of global climate change



while also protecting families, consumers and our economy against any costs associated with climate change legislation. Doing this will be essential for any sort of carbon legislation to garner support in the Congress.

There are certainly issues that we need to address, and we will, with regard to cost-containment, the technology gap, international competition, and allocations.

I will continue fighting for what is right for North Carolina in any climate change bill, and make sure I represent the priorities of the North Carolina electric cooperatives.

**HAGAN:** Our planet is in peril. Global warming, once treated as a fringe theory, is increasingly accepted as mainstream fact. Unfortunately, the United States has yet to develop an energy policy that addresses our need for additional energy capacity in a clean and sustainable way, and has blatantly ignored attempts to move forward in combating global warming. We need to start by getting rid of the \$17 billion in tax subsidies that are being given away to Big Oil and Gas. We need to instead invest those resources into clean energy created right here in North Carolina that will help spur innovation and ultimately end our dependence on oil. I believe we can create jobs by boosting our research, agriculture and manufacturing sectors, and I will push to find new ways to help consumers save on energy costs by using less energy and producing new, cost-effective energy sources.

## A conversation with N.C. Governor Candidates Pat McCrory and Bev Perdue

### Your plan for North Carolina's energy future?

**Q.** Experts say that our nation's growing electricity needs will soon go well beyond what renewable energy, conservation and efficiency can provide, especially in a state growing as fast as North Carolina. What is your plan to make sure we have the electricity we'll need in the future?

**McCRORY:** We need a comprehensive policy that:

- explores environmentally friendly energy sources such as wind, solar power, hydrogen fuel cells, clean coal and nuclear power
- invests in research for alternative fuel sources
- explores for more American energy sources
- includes tax credits for families and businesses, conservation land banking and research and development at our state's universities.

As chairman of the U.S. Conference of Mayors Committee for the Environment, I consider myself a conservationist. I have enjoyed and valued the beautiful natural resources across North Carolina all my life and want to protect them for future generations. However, we have a clear choice. We can continue to spend billions of dollars a day on an

unstable energy policy, or we can end our dependence on foreign sources by encouraging conservation, investing in alternative energy technologies and tapping into American sources of energy. Our ability to create jobs, encourage technological advancement and provide for America's national security depends on our willingness to use American resources to provide energy in a responsible and reasonable way.

The following is my ten point energy and conservation plan:

1. Promote mass transit (light rail and clean energy buses that use biodiesel, hybrid or fuel cell technology and natural gas).
2. Encourage land use planning that ensures adequate space for future park-and-ride facilities, HOV lanes, and future mass and traditional transit corridors. Also encourage revitalization of brown fields to provide more in-fill development and shorter commutes.
3. Require state-owned fleets to convert to vehicles that use alternative energy sources such as biodiesel, hybrid, electric, fuel cell and natural gas.
4. Require higher energy efficiency in state-owned and leased facilities through retrofitting and green development.
5. Provide tax incentives for private homeowners and businesses to follow similar conservation and efficiency efforts in transportation, industry and buildings.
6. Permit deep sea exploration and development off the coast of North Carolina.
7. Promote the use of natural gas. Only 28 percent of primary energy consumption in the U.S. is utilized by the transportation sector. Natural gas is used for power generation and utilities such as heating and cooking. The Manteo Prospect that lies 37 miles off of North Carolina's coast is estimated to contain 5 trillion cubic feet of natural gas.
8. Utilize clean coal technology by upgrading North Carolina's coal-fired plants through incentives to install smokestack scrubbing technology to remove carbon dioxide. Also expand the use of coal-to-liquids technology.
9. Expand alternative energy sources such as wind, solar power, hydrogen fuel cells, clean coal and nuclear power.
10. Increase energy research and development at North Carolina's colleges, universities and research centers. That can be funded in part with royalties from deep sea exploration.

**PERDUE:** As a member of the North Carolina General Assembly, both in the Senate and the House of Representatives, I had several electric cooperatives in my district and I have continued to stay in touch as the Lieutenant Governor. I applaud the cooperatives for advocating for the 2007 renewable energy legislation, which I actively supported.

I believe that our main focus in our energy policy in the immediate future should be on providing clean, reliable



# Candidates for N.C. Governor



## Pat McCrory

Charlotte mayor Patrick "Pat" McCrory, a Republican, was first elected to that position in 1995 and has been re-elected a record seven times. He grew up in Guilford County and graduated from Catawba College with a degree in political science/education and a North Carolina Teaching Certificate. He worked for Duke Energy Corporation in

various management positions. In 1989 he was elected as at-large member of the Charlotte City Council. He has served on the national Homeland Security Advisory Commission and chairs the U.S. Conference of Mayors Committee for the Environment. He is married to Ann Gordon McCrory.

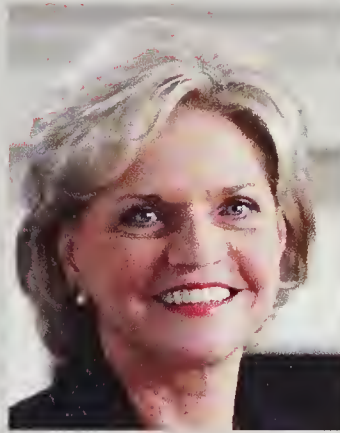
### Pat McCrory for Governor

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Web: [www.patmccrory.com](http://www.patmccrory.com)



## Bev Perdue

Bev Perdue, a Democrat, has served as N.C. lieutenant governor since 2000, when she became the first woman elected to the position, and was re-elected in 2004. Prior to that, she served in the N.C. Senate from 1990–2000, and in the N.C. House from 1986–1990, representing the New Bern area. She grew up in the coal-mining

mountains of southwest Virginia, then moved to North Carolina, where she worked as a public school teacher, a director of geriatric services at a community hospital, and earned a Ph.D. in education administration. She is married to Bob Eaves and has two sons and a granddaughter.

### Bev Perdue for Governor

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energy to consumers and businesses while keeping costs affordable. To achieve meaningful changes in generation and consumption, we must take action on multiple fronts. This includes:

1. Making alternative energy use and energy efficiency major components of our public policy
2. Growing one of the nation's leading green economies
3. Pursuing regional cooperation
4. Developing an effective long range partnership with our utilities to improve efficiency and production.

I know that pursuing such strategies is easier said than done, but as our next governor, I plan to call upon the people of North Carolina to unite behind an ambitious initiative that will achieve these goals. Accomplishing this will require us to change the paradigm of energy production, consumption, and environmental protection. Meeting that challenge will require bold steps to forge workable industry-government partnerships that produce results.

North Carolina's population will continue to boom in the next few decades, and that will contribute to the challenges we face in energy policy. We need to look to producing more wind and solar power to sell to the grid. In addition, I am hopeful that research on carbon capture and sequestration technology will develop new ways to produce clean energy, but we may also have to make some tough decisions in our energy policies in the coming years.

Reliable and affordable energy is vital for continued economic growth in North Carolina. According to the Energy Information Administration, North Carolina has some of the lowest electricity costs in the nation. This has contributed greatly to our ability to attract new businesses. For six of the last seven years, North Carolina has ranked first in the nation for business relocation by Site Selection magazine.


We must have a balanced approach to energy policy that focuses on clean energy while keeping costs affordable.

To read more on my energy plans, please visit my Web site at [www.bevperdue.com](http://www.bevperdue.com).

### Your position on nuclear energy?

**Q** Nuclear power is emission free, and it has a strong safety record in the United States. Please explain your level of support or opposition concerning expansion of nuclear power to meet the growing electricity demand in the state?

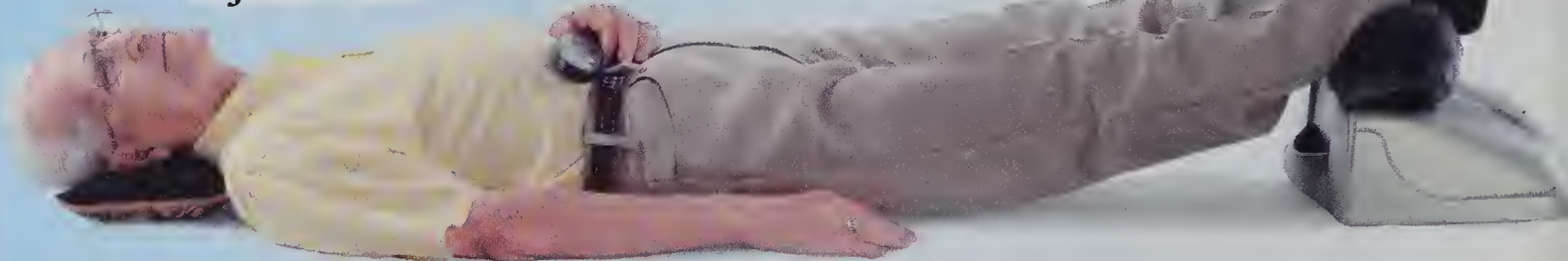
**McCRORY:** I am 100 percent in favor of expanding nuclear power to meet the growing electricity demand.

**PERDUE:** The cost, disposal and security concerns surrounding nuclear power are formidable and must be addressed before if we are to develop new nuclear facilities. However, we must keep our options open to all clean energy sources and that includes the possibility of additional nuclear energy. 



# If you suffer from

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# What people are saying about the Exerciser 2000 Elite™

After using the Exerciser 2000 Elite™ twice a day for one week the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you. —Shirley H., Florida

As a Chiropractor, I would like to say that the Exerciser 2000 Elite™ enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and additionally freeing up a spine that has become stiff and arthritic. —Garry Gorsuch, D.C.

The ad I saw almost sounded "too good to be true". With your no risk money back guarantee I figured I had nothing to lose so I purchased the machine...and boy, am I glad I did! I am 75 years old and suffer from sciatica, which makes my back and legs tighten up and causes numbness. After using the machine for only 4 minutes, I noticed my lower back loosening up. Since I have been using the machine I have been almost pain free. My sciatica is not giving me problems anymore and my body stays loosened up. I have also had a snoring problem for quite some time, however, since using the machine my snoring has subsided. My wife is so excited! I cannot tell you how much this machine has turned my life around. —C. Cummings

After having a stroke, I could no longer exercise the way I used to. As a result, I developed edema. A friend of mine introduced me to the Exerciser 2000 Elite™. I loved it and I purchased one for myself. After using the machine daily for a few weeks, my symptoms of edema were completely gone. I now use the machine twice a day for 16 minutes each time on speed 3. What a wonderful way to exercise. —Robert M.

I love using the Exerciser 2000 Elite™ after my morning workout. It is an excellent way to cool down and it helps to start my day off right. —Deanna C., Kansas

I have had constipation problems for over 25 years. Since I have been using the Exerciser 2000 Elite™ I have been regular every day and have begun to lose weight. This is truly a blessing and is so easy to use. —Jeannie

I am in my late 80's and have diabetes. The first thing I noticed when I started using my machine was that my feet were warm when I went to bed. They were always ice cold before. Because one of my problems is poor circulation, I use the machine three times a day for 10 minutes each; in the morning, late afternoon and just before bed. I almost forgot to mention that I have not been able to lift my arms above my head. Now I can do it. You think that's no big deal until you can't do it anymore. —Ralph K.

My husband and I have been into natural products all of our lives but nothing has ever affected us like the Exerciser 2000 Elite™. My husband is 72 and delivers flowers. He carries 5 gallon buckets of water. Since using the machine, his back hasn't hurt him at all. My hips would hurt if I stood too long and I would get weak and have to sit down. Now I can walk and sit as long as I want. I don't take pain medication anymore. In the morning, when I get out of bed I'm not stiff anymore. At 65, wow, this is great! Thank you for offering such a great machine. We are going to tell everyone we know about it. —Cheryl J.

I had suffered with sleep apnea for many years. I was told I would have to use a breathing apparatus. In the meantime, I was introduced to the Exerciser 2000 Elite™ and decided to purchase one. Within two weeks, I was sleeping more deeply and restfully than ever before. —David B.

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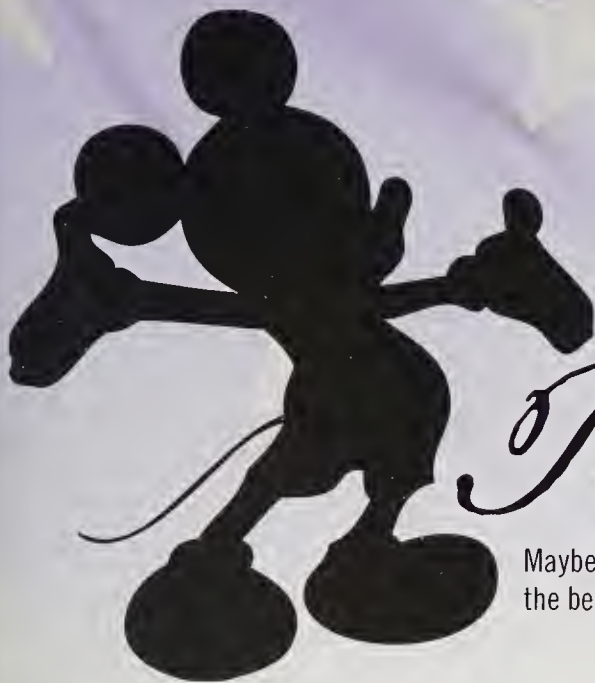
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# American Celebrity *Presidents*

Maybe we should have known better than to ask which American celebrities would make the best President of the United States. But we did ask, and here are some of your answers.

## Mickey Mouse

Mickey Mouse is my candidate for President. He would follow in the footsteps of Ronald Reagan, a beloved Hollywood icon who became a strong and respected two-term president. Mickey, as he is known to his devoted fans, has a strong presence in California and Florida—key delegate and popular vote states.

Mickey has foreign affairs and business experience in Paris and Tokyo. He is the leader we need in today's global economy. Mickey Mouse is recognized around the world as an optimistic guy with the can-do All-American spirit.

He served his country during times of war. Throughout the Great Depression and World War II, Mickey Mouse cartoons helped lift the morale of Americans at home and overseas.

The American people would never have to worry about scandal in the Oval Office. He is devoted to his long-time companion, Minnie Mouse. They spend much of their time together while maintaining separate homes at the Magic Kingdom in Florida.

President Mickey Mouse can relax and escape from the pressures of the presidency with one of the greatest dogs in history, Pluto.

Finally, Mickey appeals to all ages. Young voters love him, and many in the older generation fondly remember how to spell his name.

M-I-C-K-E-Y M-O-U-S-E. Mickey for President!

*Patti Carr, Virginia Beach, Va., Carteret-Craven Electric*

## Perry Mason and the Invisible Man

Perry Mason and the Invisible Man would be the perfect President-Vice President duo. The Invisible Man slips behind the scenes to discover what's really up with all this genetic engineering of our food supply, skyrocketing prices of our energy supply, rampant disease, and "do-as-you-please" mindset of this nation, etc. Then President Perry can lock down on the accused with that unwavering, dead-serious "you might as well spill it" stare, and you just know the guilty are judged and the case is closed. Liberty and justice for all!

*L. A. Horne, Marshville, Pee Dee EMC*

## The Roadrunner

The most appropriate cartoon character for President would have to be The Roadrunner. He is so smart, and never lets the enemy get the best of him. He is fast, clever, a Johnny-on-the-spot kind of personality. He would be there to defend what was right and get rid of what is wrong. He wouldn't back down because things didn't look right. He would be there until things were settled. He is nice looking, and everyone likes him. Would he get your vote? He has mine. 📞

*Bonita Whitaker, Williamston, Edgemcombe-Martin County EMC*

See more ideas for celebrity President on our Web site  
[www.carolinacountry.com](http://www.carolinacountry.com). Next month we'll publish your crazy experiences with home electronics [Deadline was Sept. 15.]



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Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

### December 2008

#### Holiday Recipes

Recipes for your favorite holiday meals.

*Deadline: October 15*

### January 2009

#### The Dumbest Investment I Ever Made

Financial or otherwise, don't be shy. We all do it.

*Deadline: November 15*

### February 2009

#### Lessons From Grandparents

What did you learn from your grandparents?

*Deadline: December 15*

### The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616  
E-mail: [finer@carolinacountry.com](mailto:finer@carolinacountry.com)  
Online: [www.carolinacountry.com](http://www.carolinacountry.com)



## Energy Costs for Consumers Soar

The cost of residential energy use in the most recent by 10.8 percent from May, the biggest increase in the report. The price of electricity, which in June, was the main driver of the overall increase.

Power bills have been rising at a cost of fuel. Con Edison reported a 22 percent increase in the cost of fuel.

Over the

## Millions of Rural Americans Feel Pinch Of Sharply Higher Price of Propane

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Electric Co-op, Tarboro, NC

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[www.ememc.com/waterheaters.aspx](http://www.ememc.com/waterheaters.aspx)

or contact your local cooperative and tell them you'd like to know more about Marathon LIFETIME Water Heaters. Ask about any member discounts or rebates that might apply.

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# Ghosts in North Carolina: They are part of our nature

By J. Eric Eckarda

*Just about every community across the state has a stretch of railroad tracks haunted by a train accident victim carrying a lantern, looking for his head.*

**F**our years ago, Tim Wooten moved into a new house in Cary, and within two weeks, the "sightings" started.

A year later, he and his wife moved out.

"We couldn't take it anymore," Wooten said.

Apparitions of cats, dogs and a little girl, along with mysterious footsteps turned their dream home into a yearlong nightmare. The capper: Wooten decided to call out the ghosts. He yelled for the spirits to show him a sign. Later that day, an upstairs leaky toilet sent a water stream down the stairs, across a landing and around a couch.

"Nothing was ruined," he said. "I think they did it just to show me. The next two nights, we stayed in the Red Roof Inn."

Wooten's fascination with the paranormal started with his oldest son, who picked up the ghost bug at an early age. But experiences in his house, as well as the growing popularity of television shows like "Ghost Hunters" and "Paranormal State," have turned him into a bonafide ghost hunter. Mostly, he freelances, but he's also been checking out some of the newer ghost hunting groups in North Carolina.

And Wooten isn't alone. Thanks in part to Jason Hawes and Grant Wilson, a pair of plumbers turned paranormal investigators on television, traipsing through haunted houses and old cemeteries has become more mainstream and publicly accepted.

"A lot of groups are popping up," said Steve Barrell, a Durham man who's been on seven investigations since March when he decided to rekindle a connection with the spirit world that had been dormant for years.

Actually, the paranormal is a little more normal than many think. A 2005 Gallup poll indicated that about three-fourths of all Americans believe in some type of paranormal activity, whether it be ESP, ghosts, witches or telepathy. A 2007 AP/Ipsos poll said 34 percent of all Americans believe in ghosts.

"If you bring up (ghosts) in conversation today, people are much more comfortable talking about it," said Deborah Donati, a Clayton woman who's part of the Raleigh-Durham Ghost Trackers. "Some are curious and interested, and some are even enthusiastic. In years past, just having that conversation was chancy."

George Matthis, who incorporated the National Society of Paranormal Investigation and Research in Raleigh in 2007, said the key to acceptance has been the merger between science and the spirit world in investigations.

"There has to be a balance between the two," said Matthis, whose first paranormal investigation was years ago when he helped out on his daughter's science fair project. (She won second place.)

Since then, like so many other ghost hunters, Matthis has been to Fort Fisher on the coast (haunted by a confederate general) and the U.S.S. North Carolina, the World War II battleship on display in Wilmington.

"We've heard some pretty remarkable things at the battleship," Matthis said, referring to hearing music at about 3 a.m. aboard the ship while conducting EVP (electronic voice phenomena) research. "That caused the hair to stand up on my arm."

Barrell, who also visited the ship recently for his first investigation, said the number of battles the crew experienced created an enormous amount of energy. "I jumped out of my skin on the battleship," he said.

An Internet search of ghosts in North Carolina shows long lists of what most active ghost hunters call myths and legends, such as the Greensboro Hitchhiker, Brown Mountain Lights and Devil's Tramping Ground. And just about every community across the state has a stretch of railroad tracks haunted by a train accident victim carrying a lantern, looking for his head.

But those lists also include sites like the Grove Park Inn in Asheville, where the lady in pink wanders the halls, and the Winds Resort Beach Club in Ocean Isle Beach, which is reportedly haunted by a former guest who died in one of the cottages.

Both resorts shy away from any haunted publicity, unlike the battleship, Mordecai House in Raleigh and the Bentonville Battlefield, which some say is the most haunted place in North Carolina.

"Some hotel and restaurant owners might have some trepidation for fear it will cut down on their clientele," Donati said. "But some see it as a way to publicize their site."

And that draws mixed reactions from some ghost hunters.

"I don't believe in ghost tourism. I think someone trying to get help should not be gawked at," Barrell said. "Ghosts are people, too, but they're not supposed to be here."

"But while I want to help the spirits, I get a certain satisfaction in gathering evidence that there is something on the other side. They're everywhere. It's just part of nature we don't understand."

*J. Eric Eckard is a freelance writer who lives in Rocky Mount.*



# Donated houses are transformed into affordable “green” homes

Advanced Energy's SystemVision program guarantees 15% energy savings in rehabilitated homes

By Patricia Staino

**A**dvanced Energy, a Raleigh-based organization supported by North Carolina's electric cooperatives, is helping to “rescue” uninhabitable houses and turn them into like-new, energy-efficient residences. Their partnership with Builders of Hope is implementing the program in homes slated for demolition in Raleigh.

The donated homes are being relocated to Barrington Village in southeast Raleigh and will be restored to like-new condition.

Advanced Energy's SystemVision program will guide the builders in bringing the “recycled” homes up to code and beyond federal EnergyStar requirements while using as much of the original building as possible, said Krista Egger, affordable housing program manager at Advanced Energy. “This program gives homeowners a heating, cooling and comfort guarantee that will ensure their homes perform better than the majority of homes built today,” she said.

Each SystemVision home carries a heating and cooling energy guarantee. These house plan-specific guarantees generally range from \$16 to \$40 per month, with most falling between \$25 and \$30. If a home exceeds its guaranteed usage at the end of the year, Advanced Energy pays the difference to the homeowner. SystemVision homes also carry an Advanced Energy comfort guarantee to ensure that the homes are not only financially affordable to purchase and live in, but comfortable and enjoyable, too.

While Advanced Energy had not previously applied the SystemVision program to relocated structures, it is a natural fit for helping Builders of Hope meet its goals.

“Builders of Hope wanted to ensure that the homeowners could not only afford to purchase a home, but we wanted to give them the peace of mind



*These rehabilitated houses in southeast Raleigh are made to be affordable to buy and maintain.*

that they could afford to maintain it,” said Nancy Murray, executive director, Builders of Hope.

Launched in 2001, SystemVision is Advanced Energy's affordable housing program that provides the training and technical support that leads to improved health, safety, durability, comfort and energy efficiency of affordable homes in North Carolina. To date, Advanced Energy has helped with the construction of more than 1,700 new homes with its SystemVision program.

SystemVision relies on Advanced Energy personnel to ensure that builders and subcontractors are adhering to quality standards that are far more rigorous than today's typical construction standards.


The building program offers increased sales, quality, comfort, performance, affordability and satisfaction. It also results in decreased callbacks, liability and living costs, and less negative environmental impact.

The Builders of Hope homes, which are completely rehabbed (including new foundations, roofing, HVAC, wiring and plumbing), will take several

weeks to complete. Afterward, the process as well as the homes will be evaluated to streamline the process even further for the next set of homes planned in the Triangle area.

Brian Coble, director of high performance homes at Advanced Energy, said the Barrington Village experience should allow Advanced Energy to pursue other opportunities to implement SystemVision into restored construction.

Located in Raleigh, Advanced Energy focuses on industrial process technologies, motors and drives testing, and applied building science. Advanced Energy creates economic, environmental and societal benefits through innovative and market-based approaches to energy issues. For more information, visit [www.advancedenergy.org](http://www.advancedenergy.org).

Builders of Hope is a non-profit organization that facilitates partnerships between the business community, humanitarian organizations and local government entities to create home ownership, education and career opportunities for working families whose income falls below the median. For more information, visit [www.buildersofhopenc.org](http://www.buildersofhopenc.org). 



# Roses IN December

By Ellen Brooks

If you are an “American Idol” or a country music fan, I’m sure you’ve heard the song “A Different World.” I am also sure, that if you’re anywhere near my age bracket, you can relate to parts or all of the song. I turned 70 in January and, believe me, Bucky was singing my song. It was indeed a different world.

When Michelle Pfeiffer was on the David Letterman show promoting her movie, “Hairspray,” David asked her questions about her, apparently, very happy childhood. When Michelle was asked about how she spent her summers growing up, she answered him, “I roamed the neighborhood.”

Sitting in my recliner that night, my mind made a quick dive back to the years of my wonderful youth. The mornings, the days, the evenings, the wonderful minutes, days, weeks, months and years that, as a child, I had spent “roaming the neighborhood.”

Our “neighborhood” in rural North Carolina consisted of many, many areas of farmland, most of which belonged to my aunts and uncles.

My grandfather, Bill Brooks, had accumulated hundreds of acres of land, reaching from near Stone Mountain State Park to the “top of the mountain” where I grew up. As each child married and settled down to raise a family, he gave them a farm. Daddy had somewhere in the bounds of 200 acres. His farm joined Aunt Flora and Uncle Charlie. Uncle Charlie joined Uncle Tarrie, Uncle Tarrie joined Uncle Mack, and Uncle Mack joined Sam McKnight whose son, Edwin, married my sister Mabel. Acres and acres of beautiful farm and woodland were filled with relatives and people we loved.

Did we ever spend our days “roaming the neighborhood?”

Fear of abduction, sexual predators or any type of people who would do us harm was totally not in our world. Even ticks and rabid animals did not give us reasons to be afraid. We were warned often to look out for copperheads

and rattlesnakes. Beyond that, the only fear I can recall is Daddy’s wrath should we disobey the rules.

Cousins, nieces and nephews played and worked together. Families joined together to “put up hay” in the summer. We all worked some on the farm, but I have no memories of being worked all that hard. My memories are of golden summer days being outside playing with other children, picking wild berries in season, eating everything we could get our hands on and worrying about absolutely nothing.

One of the funniest stories told about my easy going, laid back mother was a conversation she had with my Aunt Maggie one summer day. My brother Bobby was 5 or 6 years old at the time. Aunt Maggie had one son and was, even for those days, a very protective mother. Bobby was the last in a family of 10.

The children were getting ready to go play in the woods. Bobby was tagging along. “Are you going to let that little young’n go off with those older kids?” Aunt Maggie said to Mama. “They’ll let him get killed in the woods.”

Never missing a beat in what she was doing, Mama answered smiling, “Well, he couldn’t go at a better time.”

It’s a far cry from today when parents are afraid to let school children wait for the school bus unattended. Walking to school is a thing of the past. When I started school we walked a mile and a half to get there. No buses. My parents and my older siblings walked farther than that. There was almost no childhood obesity. Ours was a healthy lifestyle.

I’m thankful for all the wonderful memories I have of a “kinder, gentler” way of life. I don’t know who first said: “God gave us memories, that we might have roses in December.” I’m almost to the December of my life, and I’m thankful for every rose. 🌹

*Ellen Brooks lives in Glade Valley, Alleghany County, and is a member of Blue Ridge Electric.*



My memories are of golden summer days being outside playing with other children, picking wild berries in season, eating everything we could get our hands on and worrying about absolutely nothing.



## What about recycling lids, tops and caps?

Many local recycling programs throughout the U.S. still do not accept plastic lids, tops and caps even though they take the containers that accompany them. The reason is that they are not typically made of the same kinds of plastics as their containers. Check the number on the lid to make sure before you toss it to the recycling bin.

Many plastics can be recycled, but when two types are mixed, one contaminates the other, reducing the value of the material or requiring resources to separate them before processing. Also, plastic caps and lids can jam processing equipment, and the plastic containers with tops still on them may not compact properly. They can also present a safety risk for recycling workers. Most plastic bottles are baled for transport and if they don't crack when baled, the ones with tightly fastened lids can explode when the temperature increases.

Thus it is hard to believe but true: In most locales the responsible consumers are the ones who throw their plastic caps and lids into the trash instead of the recycling bin.

As for metal caps and lids, they, too, can jam processing machines, but many municipalities accept them for recycling anyway because they do not cause any contamination issues. To deal with the potentially sharp lid of any can you are recycling (such as a tuna, soup or pet food can), carefully sink it down into the can, rinse it all clean, and put it in your recycling bin.



GreggPC, courtesy Flickr

*Many recycling centers do not accept plastic lids, tops and caps. They are usually made of a different plastic than the containers they accompanied and can contaminate the recycling stream, cause machine jams and injuries to workers.*

The best way to reduce container and cap recycling is to buy in large rather than single-serving containers. Does the event you're holding really require dozens and dozens of 8- to 16-ounce soda and water bottles, many of which will get left behind only partly consumed anyway? Why not buy large soda bottles, provide pitchers of (tap) water and let people pour into reusable cups?

**To learn more:** CleanScapes, [www.cleanscapes.com](http://www.cleanscapes.com).

## Residential solar energy systems

What type of solar energy capture system you put on your home depends on your needs. If you want to go full tilt and generate usable electricity from your home's rooftop, tried and true photovoltaic arrays might be just the ticket. A typical installation involves the panels, which are constructed of many individual silicon-based photovoltaic cells and their support structures, along with an inverter, electrical conduit piping and AC/DC disconnect switches.



*North Carolina offers tax incentives for certain solar energy installations.*


These systems can cost tens of thousands of dollars to install. But the upside is that homeowners with photovoltaic panels on their rooftops can rest assured that as long as the sun shines, they will have power to spare without generating emissions of pollutants.

Qualified solar installers can usually advise clients on which specific types of systems will work best given the specific location of a home. Try the Web site [FindSolar.com](http://FindSolar.com). Also, the North American Board of Certified Energy Practitioners (NABCEP) provides a free searchable database of its members specializing in home solar set-ups.

For less demanding applications, such as for heating water for your home, a simpler and less expensive solar thermal system might be all you need. A basic hot water system usually consists of a solar collector—basically a small metal box with a glass or plastic cover and a black copper or aluminum absorber plate inside—tied into the building's plumbing and electrical works. According to the industry tracker Web site [Solarbuzz](http://Solarbuzz), such solar collectors are usually mounted on rooftops.

A solar thermal system can cost less than \$4,000. While the savings in your electric bill may be small, homeowners in it for the long haul will definitely save over time.

Check out the RealGoods "Solar Living Sourcebook", a 600-plus page renewable energy "bible" now in its 30th edition.

Another reason to consider going solar in one fashion or another is tax incentives. According to the Database of State Incentives for Renewables and Efficiency (DSIRE), 17 states (including North Carolina) offer homeowners some kind of tax incentive for the purchase and/or installation of solar power equipment. Go to [www.dsireusa.org](http://www.dsireusa.org), maintained by the North Carolina Solar Energy Center. 

**To learn more:** [Solarbuzz](http://Solarbuzz), [www.solarbuzz.com](http://www.solarbuzz.com); [NABCEP](http://NABCEP), [www.nabcep.org](http://www.nabcep.org); [FindSolar.com](http://FindSolar.com), [www.findsolar.com](http://www.findsolar.com); [RealGoods](http://RealGoods), [www.realgoods.com](http://www.realgoods.com); [DSIRE](http://DSIRE), [www.dsireusa.org](http://www.dsireusa.org).

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# Getting To Know... Tift Merritt



**Born:** Tift Merritt was born on January 8, 1975, in Houston.

**Known for:** Being a Grammy-nominated singer/songwriter. Her music includes rock and roll, soul and country. Blessed with powerhouse vocals, she first wanted to be a writer before she wanted to be a musician.

**Accomplishments:** Tift grew up in Raleigh listening to her father's Bob Dylan and Dolly Parton records. After high school she waited tables, gigged around North Carolina, went to New York City, and at her mother's urging came back to North Carolina to attend UNC-Chapel Hill. While in college she met Zeke Hutchins, who encouraged her to start a band and has been her drummer ever since. She and the band drove all over North Carolina in their old van, and Tift sent out demo recordings to every club she could from her post office box at the Bynum General Store in Pittsboro. She has released two studio albums—"Bramble Rose" in 2002 and "Tambourine" in 2004. In 2005 she released "Home Is Loud," a limited-edition live album. Her third studio album, "Another Country," which she mostly wrote in Paris, was released last February. The Americana Music Association nominated Tift for 2004 Album, Artist and Song of the Year. She lives in New York City, but frequently returns to North Carolina.

## Halloween Happenings

This month sparks spook-tacular events! Old Salem in Winston-Salem will host special activities, the North Carolina Aquarium at Fort Fisher has a Trick-Or-Treat Under The Sea, ECU offers a Halloween laser show at its planetarium and New Bern is holding a ghost walk.

Visit [www.visitnc.com](http://www.visitnc.com) and type in "Halloween" to find out more frightfully fun happenings.



## Field Trip

### Historic Murfreesboro

This town's legacy as a river port town includes outstanding examples of houses and commercial buildings built in the late 18th and early-19th centuries. Buildings to see include the Agriculture/Transportation Museum, Winborne Country Store (circa 1870), and Evans Tinsmith Shop. Visitors can stop by the Murfreesboro Gift Shop on Williams Street to begin tours on Saturdays. Cost is \$7 for adults and \$5 per student. The Jefcoat Museum of Americana, housed in a circa 1922 Murfreesboro high school, presents thousands of items portraying the nation's industry and culture from 1850–1950. Its impressive diversity ranges from old-fashioned laundering equipment to Daisy air rifles and mounted animals. Admission is charged. Regular hours are Saturday, 11 a.m. to 4 p.m. and Sunday, 2 to 5 p.m. Note: Weekday group tours of the town and museum can be arranged. (252) 398-5922 or [www.murfreesboronc.org](http://www.murfreesboronc.org).



## EGG CARTONS, REBORN

Instead of tossing egg cartons, recycle them! Here are some ideas for reuse:

**Jewelry organizer** Paint or cover with fabric. Store rings, earrings, chains and cuff links. For a unique way to store pierced earrings, line the top with foam and poke earrings through.

**Desk organizer** Remove the top and place inside a desk drawer to hold small items like paper clips, rubber bands and push pins.

**Paint palette** Use the Styrofoam kind for watercolors or acrylics to hold colors. Detach top of carton and use it for mixing the colors.

### SHARE YOUR RECYCLING TIPS!

How do YOU reuse common household items? Send your creative tips to [karen.house@carolinacountry.com](mailto:karen.house@carolinacountry.com) Put "Home Recycling" in the subject field of your email, and include your name and town. We'll print some of the ideas with credits here in a later issue.

## Joking around

**Teacher:** Why can't you ever answer any of my questions?

**Student:** Well, if I could there wouldn't be much point in me being here!



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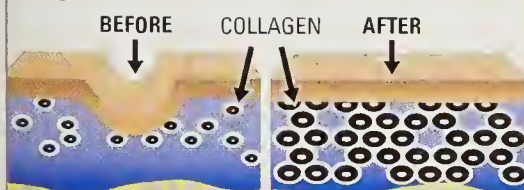
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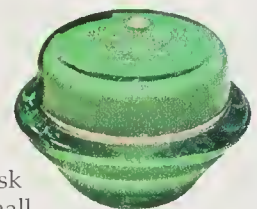
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### Ghostly mining tour

Gold Hill has a storied mining history and was the subject of a ghost documentary for The Travel Channel. Historic Gold Hill Park's annual Ghost Tour is set for Saturday Oct. 25, from 6 p.m. to 10 p.m. A guided tour begins at the Russell-Rufty Shelter, where visitors can enjoy light refreshments in Miner's Hall and see the documentary. After the walking tour, which includes ghost stories at sites, groups will board a tractor-drawn wagon for the Gold Hill Powder House and sites such as the Randolph Mine Site. Visitors will then be dropped off at the Village of Gold Hill, where shop owners will share tales of past and present day occurrences. Admission is \$5 for adults and \$3 for children under 10. The Park is 14 miles south of Salisbury, just off US Hwy. 52 in Gold Hill.

(704) 279-7897

[www.HistoricGoldHill.com](http://www.HistoricGoldHill.com)

### Sneads Ferry Sneakers products

When artist Sherry Thurston moved to fishing village Sneads Ferry, fishermen were wearing orange and black boots. When they began wearing white boots in the early 1990s, Thurston, intrigued by the sight, drew up a design featuring the white boots and sent off for the copyright.

Today, her product lines include poster prints, infant, youth and adult tees, tank tops, totes, ball caps and other accessories bearing the Sneads Ferry Sneakers design. The products can be ordered online or found at her store, Thurston Art Gallery in Sneads Ferry. Prints start at \$35 (unframed), tees start at \$10.95 (infants) and ball caps are \$12.95.

(910) 327-1781

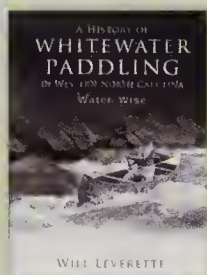
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### Whitewater paddling in western North Carolina

From the Chattooga to the Nantahala, the thrilling rapids and spectacular scenery of western North Carolina's rivers annually draw thousands of whitewater paddlers. Ride along with author and instructor Will Leverette as he recounts the exhilarating adventures of paddling's pioneers from 1923 to 1980, both those who started the craze and those who guided it farther downstream. Leverette has paddled all his life and his grandfather, Frank "Chief" Bell, founded famed Camp Mondamin in Madison County. Leverette lives in Swannanoa. "A History of Whitewater Paddling in Western North Carolina: Water Wise" includes more than 40 black and white photographs and is published by The History Press in Charleston, S.C. Softcover, 120 pages, \$14.99.



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### "Against Happiness"

More than any other generation, Americans of today believe in the power of transformative positive thinking. But who says we're supposed to be happy? In "Against Happiness," scholar Eric G. Wilson argues that melancholia is necessary to any thriving culture and that it is the muse of great literature, painting, music and innovation. Wilson also makes a case for Americans to embrace their depressive sides as the wellspring of creativity. An English professor, Wilson teaches at Wake Forest University in Winston-Salem. Published by Sarah Chrichton Books/Farrar, Straus & Giroux. Hardcover, 166 pages, \$20.



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### "Smotherhood"

In short essays, author Amanda Lamb writes about the reality of raising children, working, and keeping a family together. A tribute to shoe-tying, booger-wiping mothers, Lamb tells it like it is, humorously writing about her elusive pursuit of a balanced life amid chaos. Chapters include "Playdates and Executions," "No Guilt, No Glory" and "Mommy Wants To Quit The Ballet." Lamb, a television crime reporter in Raleigh, is a mother of two. "Smotherhood: Wickedly Funny Confessions from the Early Years" is published by skirt®, an imprint of Globe Pequot Press. Softcover, 224 pages, \$14.95.



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31	10.24	9.36	11.59	10.72	18.81	17.06	51	21.53	18.03	31.94	25.81	59.50	47.25
32	10.33	9.45	12.03	10.94	19.69	17.50	52	22.84	19.08	33.91	27.34	63.44	50.31
33	10.33	9.45	12.47	11.38	20.56	18.38	53	24.33	20.30	36.09	29.09	67.81	53.81
34	10.33	9.45	12.91	11.81	21.44	19.25	54	25.99	21.70	38.94	31.50	73.50	58.63
35	10.41	9.54	13.56	12.47	22.75	20.56	55	27.91	23.19	42.00	33.91	79.63	63.44
36	10.59	9.63	13.78	12.69	23.19	21.00	56	29.58	23.89	45.50	35.44	86.63	66.50
37	10.85	9.89	13.78	12.69	23.19	21.00	57	31.59	24.68	49.66	36.97	94.94	69.56
38	11.29	10.24	14.00	12.91	23.63	21.44	58	33.95	25.64	54.03	38.72	103.69	73.06
39	11.73	10.68	14.22	13.13	24.06	21.88	59	36.58	26.69	59.72	41.13	115.06	77.88
40	11.90	10.76	14.44	13.34	24.50	22.31	60	40.25	28.18	65.84	43.53	127.31	82.69
41	12.51	11.38	15.09	14.00	25.81	23.63	61	42.61	29.23	72.41	47.25	140.44	90.13
42	13.04	11.73	15.97	14.66	27.56	24.94	62	45.94	30.71	79.84	51.41	155.31	98.44
43	13.56	12.16	17.06	15.53	29.75	26.69	63	49.61	32.38	87.72	56.00	171.06	107.63
44	14.18	12.78	18.16	16.41	31.94	28.44	64	55.21	34.91	98.00	61.91	191.63	119.44
45	14.96	13.39	19.47	17.50	34.56	30.63	65	61.25	37.45	109.38	68.47	214.38	132.56
46	15.84	14.09	21.00	18.59	37.63	32.81	66	69.74	43.23	121.19	77.88	238.00	151.38
47	16.89	14.79	22.97	19.69	41.56	35.00	67	79.98	49.26	134.53	88.59	264.69	172.81
48	17.94	15.40	24.94	21.00	45.50	37.63	68	91.88	56.26	148.75	99.97	293.13	195.56
49	19.08	16.19	27.34	22.53	50.31	40.69	69	105.44	64.23	167.56	114.84	330.75	225.31

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The best time to call me is: ☐ Home ☐ Work

☐ 8-10 am ☐ 10-12 ☐ 12-2pm ☐ 2-4 ☐ 4-6 ☐ 6-8 ☐ 8-9

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*"barnyard tea."*

From Jeff Greene, Union County



**From Jeff Greene, Union County**

- ... You learned how to drive on a tractor pulling a trailer in the hay field.
- ... Your pawpaw told you not to stick your hand outside the truck window while he drove through the Johnson grass, but you did anyway.
- ... Your maw maw put Merthiolate or Mercurochrome on your cuts. Boy, did that burn!
- ... You would go to Indian Creek on Saturday afternoons to catch a string of catfish. Your maw maw fried those catfish Saturday night rolled in cornmeal, and was that ever good!
- ... You know from the smell that Friday is permanent day at the beauty shop.
- ... You saved your pennies for the Lottie Moon offering at church.

**From Louise McDiarmed, Raeford**

- ... The local jail was over top of the bank.
- ... You heated your "sad irons" in the open fireplace to iron your clothes.
- ... You know the Pepsi Cola song from the 1940s.
- ... You could buy a penny postcard and 10-cents-a-gallon gasoline.
- ... You helped your landlord shuck corn so to get some to feed your hog.
- ... You bought your vegetables from a car or pickup that sold vegetables around the countryside.

**From Carolyn Mintz, Harrells**

- ... You and your sister had sword fights with dog fennels.
- ... You ate fresh butterbeans and pastry for supper in the summer.
- ... Your daddy's favorite night-time snack was a baked sweet potato and a glass of cold buttermilk.
- ... Your mama picked a bunch of Kate Jessum flowers from the front yard and put them in a vase in the middle of the kitchen table to make the kitchen smell sweet.
- ... You and your aunt watched the Miss America pageant on your grandma's black and white TV in baby doll pajamas with pink foam curlers in your hair while eating peanut brittle.

**From Wendy Turner, Denton**

- ... You still go to the country store for hotdogs, chips, drinks, ice cream and bait.
- ... You wrote this by hand and mailed it by hand because you ain't got Internet yet.
- ... Your little boy is fasting green beans.
- ... The swimming pool got popped by the cats.
- ... On movie night, the boys pick deer hunting videos to watch.
- ... You shop at Dollar General for everything because the Wal-Marts in Asheboro, Troy, Lexington, Thomasville and Salisbury are 30 minutes away and gas is just too high.

**From Donna Chitton, Pilot Mountain**

- ... You have the phone number of a tractor supply on speed dial.

**From Willa McIntosh, Cumberland County**

- ... The neighbors would make a jar of tea, put the lid on and leave it in the creek all day so it would be cold for supper
- ... On a cold winter day you put a bucket of water outside so it would freeze and you had ice for supper.
- ... When the ice man brought a block of ice, you put it in a hole in the ground to keep cold.
- ... You lived 10 minutes from school but your bus route was so long it took 45 minutes to get there.
- ... There was a fight on school bus everyday.
- ... You walked three miles to church, but somebody would give you a ride home.
- ... You pulled peanuts all day.
- ... You barned tobacco five days a week to buy school clothes.
- ... The first TV in the community became community property.
- ... You went to the local mill pond for baptizing.
- ... Your neighbor put on hip boots to carry you across the flooded wooden bridge.

**From Caroline Sellers, Lexington**

- ... Your daddy cranked up the old Case to take you to Grandma's on a Sunday afternoon.
- ... After seeing Mama chop off a chicken's head, your little brother had the cat running around with a lopped tail.
- ... You met First Lady Eleanor Roosevelt when she visited your National Youth Administration school during the Great Depression.
- ... You and a friend pulled out the Hoover Cart and took turns riding it on a nearby hilly road.
- ... You saw the world-famous "Spirit of St. Louis" fly over your playground, and your third grade teacher blew a kiss to the waving pilot.

**From Rita McCormick, Fayetteville**

- ... Your grandmother always cooked Sunday's fried chicken dinner on Saturday night.
- ... Older women could tell if you were pregnant by noticing that your neck looked fat. 🐷

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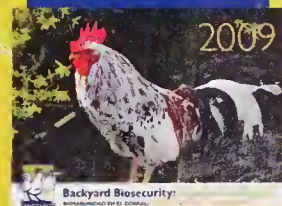
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Oh, Kay!

They'll be sorry when I'm gone—they won't know it, but they will be!



# Domi-No.s

		2				2
A	S	C	E	T	I	C

X	2
	C

	2					
O	C	T	O	B	E	R

Letters have been substituted for digits in this multiplication problem. Given C=2, can you replace the missing digits to find the value that changes ASCETIC to OCTOBER? Repeated letters stand for repeated digits.

And then  
I read

## Answered Prayers

When construction started on a bar/tavern in a small Texas town, the local Baptist church started a campaign with petitions and prayers to stop the business from opening.

A week before the tavern was scheduled to open, lightning struck the building and it burned to the ground. The bar owner sued the church, claiming it was ultimately responsible, either through direct or indirect means. The church vehemently denied all responsibility.

At the hearing the judge commented, "From the paperwork, it appears we have a bar owner who believes in the power of prayer, and an entire church congregation that doesn't.

—rewritten from *The Hendersonville Tribune*

## WORD

ward-wary-pray

## PLAY

shopping center  
earthly deposit  
agricultural land  
distant  
with purpose of (prep)  
housetop  
rude person  
humanlike machine  
to restart a computer

FALL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

OCTOBER

To change FALL to OCTOBER you must change, drop, or add a letter in each step to spell a new word. You may rearrange letters in any step.

or answers, please see page 34

2008 Charles Joyner

## Say Watt?

P\_\_\_\_\_

LIKE GOOD ACTORS,

\_\_\_\_\_

\_\_\_\_\_ S.

	A	S	E	C
E	P		O	
		O		E
	N	O		

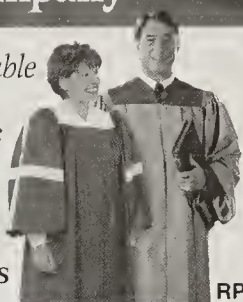
Starting with P and ending with S, move from letter to adjacent letter, up, down, left, right or diagonally, to spell out the five missing words. Use each letter once.



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KNOW THEIR MONK  
LIKE GOOD ACTORS,  
POOL PLAYERS,  
Say Watt?

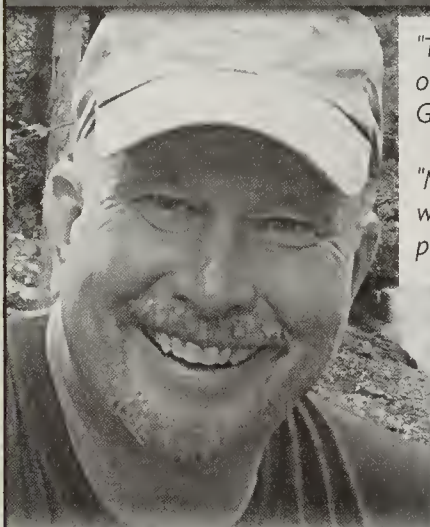
OCTOBER  
BOOR ROBOT REBOOT  
FARM FAR FOR ROOF  
FALL MALL MARI

WORD PLAY

ASCETICXC=OCTOBER  
3628592x2=7257184  
Dom!-No.s

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# October Events



You can see the top of Beech Mountain magically transformed into the Land of Oz at the Autumn at Oz Party. Frank Baum's silver screen classic comes to life on Oct. 4–5 with a theme park, hayrides, Oz characters and more. Call (704) 377-8622 or visit [www.beechmtn.com](http://www.beechmtn.com) to learn more.

## ONGOING

### "Knights of the Black Flag"

Rogues who plied the waters during the Golden Age of Piracy through Oct. 26, Beaufort (252) 728-7317  
[www.ncmaritimemuseum.org](http://www.ncmaritimemuseum.org)

### A Sense of Place

Low materials are used in contemporary art installations through Nov. 2, Fayetteville (910) 485-5121  
[www.fayettevillemuseumart.org](http://www.fayettevillemuseumart.org)

### Aw Shucks! Corn Maze and Pumpkin Patch

through Nov. 23, Monroe (704) 221-0350  
[www.awshuckscornmaze.com](http://www.awshuckscornmaze.com)

### Our Story

Albemarle Region artifacts through December, Elizabeth City (252) 335-1453  
[www.museumofthealbemarle.com](http://www.museumofthealbemarle.com)

### The Original String Artist

through Oct. 1, Hertford (919) 426-3041  
[www.perquimansarts.org](http://www.perquimansarts.org)

### Lazy O Farm Maze

Oct. 1–31, Smithfield (919) 934-1132

### Tweetsie Ghost Train

Oct. 3 through Nov. 1, Blowing Rock (800) 526-5740

### Carolina Renaissance Festival

Oct. 4 through Nov. 16, Charlotte (704) 896-5544  
[www.royalfaires.com](http://www.royalfaires.com)

### Dead Sea Scrolls

NC Museum of Natural Sciences Through December 28, Raleigh (919) 733-7450  
[www.visitraleigh.com](http://www.visitraleigh.com)

### "Seeing the City: Sloan's New York"

Oct. 4 through January 4, Winston-Salem (336) 758-5580  
[www.reynoldahouse.org](http://www.reynoldahouse.org)

## 1

### "The Complete Works of Shakespeare (Abridged)"

Fast-paced comedy Montford Park Players Oct. 1–5, Asheville (828) 254-5146  
[www.montfordparkplayers.org](http://www.montfordparkplayers.org)

## 2

### Hospice Telethon

Boone (828) 265-9443  
[www.highcountryhospice.org](http://www.highcountryhospice.org)

### "Assassins" Sondheim musical

(910) 678-7186  
[www.gilberttheater.com](http://www.gilberttheater.com)

### "California Suite"

Neil Simon comedy Oct. 2–4, New Bern (252) 633-0567  
[www.newberncivictheatre.org](http://www.newberncivictheatre.org)

### "Moonshine and Thunder: The Junior Johnson Story"

Oct. 2–5 & 9–12, Wilkesboro (336) 838-7529  
[www.wilkesplaymakers.com](http://www.wilkesplaymakers.com)

### The Vietnam Memorial Moving Wall

Oct. 2–6, Kings Mountain (704) 739-6317  
[www.kingsmountainmuseum.org](http://www.kingsmountainmuseum.org)

### "Of Thee I Sing"

Political musical Oct. 2–7, Greenville (252) 328-6829  
[www.ecuarts.com](http://www.ecuarts.com)

## 3

### Music in the Park

Mac & Tammy McRoy Bluegrass Band New Bern (252) 639-2902

### Country Music Showcase

"Let's Go to the Hop" Oct. 3–4, Smithfield (919) 209-2099

### Railroad Days Festival

Oct. 3–4, Selma (929) 975-1411

### North Carolina Seafood Festival

Oct. 3–5, Morehead City (919) 774-1042  
[www.ncseafoodfestival.org](http://www.ncseafoodfestival.org)

### Haunted Evening Historical Drama

Oct. 3, 10, 17, New Bern (252) 638-8558  
[www.newbernhistorical.org](http://www.newbernhistorical.org)

### Country Tonight Show

Oct. 3, 10, 17, 24, 31, Selma (252) 237-6199  
[www.countrytonightmusicshow.com](http://www.countrytonightmusicshow.com)

### Fear Farm

Oct. 3–4, 10–12, 16–19, 22–26, 29–31, Clayton (919) 553-0016

## 4

### Fun Run for Domestic Violence New Bern

(252) 638-4509  
[www.coastalwomensshelter.org](http://www.coastalwomensshelter.org)

### Tour de Pumpkin

Bicycle Race Rutherfordton (828) 429-3900  
[www.rutherfordoutdoor.org](http://www.rutherfordoutdoor.org)

### Hilltop Fall Festival & 5K Run

Rutherfordton (828) 287-2071  
[www.rutherfordtown.com](http://www.rutherfordtown.com)

### British Car Club Show

Chimney Rock (800) 277-9611  
[www.chimneyrockpark.com](http://www.chimneyrockpark.com)

### Art and Wine Festival

Flat Rock (828) 697-6828  
[www.flatrockwineshoppe.com](http://www.flatrockwineshoppe.com)

### Sankofa Festival

Celebration of African American Culture Fayetteville (910) 497-0628

### Country Auction

Archer Lodge (919) 553-5629

### Living History Program

Bentonville Battleground Four Oaks (910) 594-0789

### Fall Festival

Mocksville (336) 998-3100  
[www.raylenvineyards.com](http://www.raylenvineyards.com)

### Heritage Day

Oak View Park Raleigh (919) 250-1013

### Jarman Opry Theater

Classic country, gospel, blue grass New Bern (252) 636-6225

### Midland Festival

Chuck Ayers—Elvis Tribute Artist Midland (704) 545-6618

### Peanut Festival

Edenton (252) 312-4448  
[www.visitedenton.com](http://www.visitedenton.com)



**Fishing Tournament**

Atlantic Beach  
(252) 725-0785

**Street Fair**

Cameron  
(910) 574-7917  
www.antiquesofcameron.com

**Sonker Festival**

Mount Airy  
(336) 789-4304

**Fall Carnival**

Huntersville  
(704) 655-7465  
www.thechildrensschoolhouse.org

**Four Celtic Women**

Morganton  
(828) 438-5294  
www.commaonline.org

**18th Century Trade Faire**

Oct. 4-5, Statesville  
(704) 873-5882  
www.fortdobbs.org

**Midland Magic**

Oct. 4-5, Midland  
(704) 888-3702  
www.celebratemidlandmagic.com

**Autumn at Oz**

Oct. 4-5, Beech Mountain  
(704) 377-8622  
www.beechmtn.com

**Fall Festival**

Oct. 4-5, Brasstown  
(828) 837-2775  
www.folkschool.org

**5****Heritage Festival**

Fayetteville  
(910) 486-0221  
www.capefearbg.org

**9****Lighthouse Keepers' Weekend**

Oct. 9-11, Southport  
(919) 787-6378  
www.outerbankslighthousesociety.org

**Hall of Fame Shoot**

Oct. 9-12, Bostic  
(828) 287-3883  
www.nctrapp.com

**10****1964 The Tribute**

Smithfield  
(919) 209-2099

**Craft Show**

Oct. 10-11, Brevard  
(828) 884-9908

**Farmers Market Craft Fair**

Oct. 10-12, Colfax  
(336) 993-7097

**Heritage Quilt Show**

Oct. 10-12, Smithfield  
(919) 989-5380

**Carolina Classic Horse Show**

Oct. 10-12, Williamston  
(919) 365-5149  
www.carolinaclassicshow.com

**11****The Carolina Blues Brothers**

Matthews  
(704) 545-6618

**Chili Cook-Off and Festival**

Love Valley  
(336) 782-6362  
www.lovevalley.com

**Remember Cliffside Day**

(828) 657-5005  
www.remembercliffside.com

**NASCAR Weekly Racing**

Kenly  
(919) 284-1114

**Mountain Glory Festival**

Marion  
(828) 652-2215  
www.mtngloryfestival.com

**Molasses Festival**

Dudley  
(828) 396-2052  
www.simscountrycloggers.com

**Car Show & Autumn Leaves Festival**

Mount Airy  
(336) 786-6116  
www.visitmayberry.com

**Scuppernong River Festival**

Columbia  
(252) 796-2781  
www.visittyrellcounty.com

**Mountain Festival**

Montgomery County  
(910) 576-6051  
www.uwharriemountainfestival.com

**Oink N' Oyster Roast**

Kitty Hawk  
(252) 475-1500

**Autumn Leaves Craft Show**

Oct. 11-12 & 18-19, Waynesville  
(828) 648-0500  
www.braca.org

**Elizabethan Tymes**

Oct. 11-12, Roanoke Island  
(252) 475-1500

**MUMfest**

Oct. 11-12, New Bern  
(252) 638-5781  
www.tryonpalace.org

**Oktoberfest**

Oct. 11-12, Sugar Mountain  
(704) 377-8622  
www.mountainsofnc.com

**Folklife Festival, Craft Show**

Oct. 11-12, Huntersville  
(704) 875-2312  
www.lattaplantation.org

**"Holes"**

Oct. 11-26, Hickory  
(828) 327-3855  
www.hct.org

**12****North Carolina Symphony**

New Bern  
(877) 627-6724  
www.ncsymphony.org

**16****Church Basement Ladies**

Morganton  
(828) 438-5294  
www.commaonline.org

**Agricultural Fair**

Oct. 16-26, New Bern  
(252) 636-0303  
www.cravencountyfairgrounds.com

**17****Chili Festival**

Havelock  
(252) 447-1101  
www.havelockchamber.net

**The Commodores**

Pembroke  
(800) 367-0778  
www.uncp.edu/gpac

**Ghost Tales in the Dark**

Oct. 17-18, Huntersville  
(704) 875-2312  
www.lattaplantation.org

**Fall Festival, Bazaar**

Oct. 17-18, Midway  
(336) 247-0829

**Show, Shine, Shag & Dine**

Oct. 17-19, Henderson  
(866) 438-4565  
www.kerrlake-nc.com

**LEAF Festival**

Oct. 17-19, Black Mountain  
(828) 686-8742  
www.lakeedenartsfestival.org

**Halloween Festival**

Oct. 17-19 and 24-26, Wilmington  
(910) 686-9518  
www.poplargo.com

**Drag Times Hall of Fame, Reunion**

Oct. 17-19, Henderson  
(252) 438-2222  
www.kerrlake-nc.com

**18****Elvis, Roy Orbison Tribute Artists**

Matthews  
(704) 545-6618

**Capitol Steps/Palladian Series**

Clayton  
(919) 553-1737

**Corbitt Truck Show**

Henderson  
(252) 438-2222  
www.kerrlake-nc.com

**Burlon Craig Pottery Festival**

Vale  
(828) 404-6656  
www.burloncraigpotteryfestival.com

**Old School Sorghum Festival**

Garland  
(910) 564-5069  
www.oldschoolsorghum.com

**Country Fair**

Valle Crucis  
(828) 733-2013  
www.vallecountryfair.org

**Humane Society Dinner and Auction**

Washington  
(252) 946-1591

**Farmers Festival**

Fairmont  
(800) 359-6971  
www.fairmontnc.com

**Gun & Knife Show**

Oct. 18-19, Lexington  
(336) 240-5290

**Hickory Nut Gorge Festival**

Oct. 18-19, Lake Lure  
(828) 245-1492  
www.shepherdscarehng.org

**Eastern Hunter Horse Show**

Oct. 18-19, Williamston  
(252) 527-3887  
www.nceha.com

**Fall Home Show**

Oct. 18-19, New Bern  
(910) 219-8403  
www.enclshows.com

**Woolly Worm Festival**

Oct. 18-19, Banner Elk  
(704) 377-8622  
www.mountainsofnc.com

**19****Chevy to the Levee**

Lumberton  
(910) 671-3876  
www.robersonroadrunners.com

**21****Preservation Hall Jazz Band & The Blind Boys**

Spindale  
(828) 245-1492  
www.foundationshows.org



**Walking with Dinosaurs:  
The Live Experience**

Oct. 22–26, Raleigh  
(919) 733-7450  
www.visitraleigh.com

**23****Fine Arts Show**

Oct. 23–25, Washington  
(252) 946-2504

**24****Blues Concert**

New Bern  
(252) 633-6444  
www.downteastfolkarts.com

**"Oliver!"**

Pembroke  
(800) 367-0778  
www.uncp.edu/gpac

**Smoke on the Water**

Nashington  
(252) 948-9415

**Autumn Fest**

Oct. 24–25, Elizabeth City  
(888) 936-7387  
www.historicghostwalk.org

**"Spirits of the Neuse"  
Ghostwalk**

Oct. 24–25, New Bern  
(252) 638-8558  
www.newbernhistorical.org

**Art & Craft Show**

Oct. 24–25, Brevard  
(828) 891-2652

**Ghostwalk**

Oct. 24–25, Huntersville  
(704) 875-2312  
www.lattaplantation.org

**Leherrin Powwow**

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ming, artisans  
Oct. 24–26, Ahoskie  
(704) 904-6221

**Craftsman's Fair**

Oct. 24–26, Albemarle  
(252) 335-4680  
www.albemarlecraftsmanfair.com

**Antique Show**

Oct. 24–26, Selma  
(919) 965-9659

**Listing Information**

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For Jan.: Nov. 24

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event to the magazine and/or  
our Web site. Or e-mail  
[events@carolinacountry.com](mailto:events@carolinacountry.com)

**Terror by the Tracks**

Oct. 24–Nov. 1, Kings Mountain  
(704) 435-5902

**25****Halloween Festival**

Blowing Rock  
(828) 295-5222

**The Hunt Family Fiddlers**

Smithfield  
(919) 209-2099

**Nuts for the Woods**

Chimney Rock  
(828) 245-1492  
www.chimneyrockpark.com

**Barbeque Festival**

Lexington  
(336) 956-1880  
www.barbecuefestival.com

**Horse Show Series**

Smithfield  
(919) 934-1344

**The Seaboard Festival**

Hamlet  
(910) 582-1973

**Horse & Mule Days**

Denton  
(336) 859-2755  
www.threshers.com

**Ole Mill Days**

Hope Mills  
(910) 483-5311  
www.townofhopemills.com

**Oktoberfest**

Jacksonville  
(910) 938-1799  
www.onslowoktoberfest.org

**Heritage Day**

Kenly  
(919) 284-3431

**Wildlife Festival**

Four Oaks  
(919) 938-0115

**Oak-tober Fest**

Four Oaks  
(919) 963-2581

**Beast of Bladenboro Festival**

Bladenboro  
(910) 874-4454  
www.borobooster.org

**Pumpkin Festival**

Valle Crucis  
(828) 963-6511

**Harvest Show**

Oxford  
(919) 528-1652

**26****Guided Bird Walk Fall Migration**

Chimney Rock  
(828) 245-1492  
www.chimneyrockpark.com

**Chris Norman Ensemble**

Roanoke Island  
(252) 475-1500

**27****Founder's Day**

Gold Hill  
(704) 267-9439  
www.historicgoldhill.com

**30****Ghost Walk**

Smithfield  
(919) 934-2836

**Anthony Kearns**

Smithfield  
(919) 209-2099

**Pumpkin Carving Contest**

Love Valley  
(704) 592-2570  
www.lovevalley.com

**Sweet Potato Festival**

Oct. 30–31, Snow Hill  
(252) 747-8090

**N.C. Pecan Harvest Festival**

Oct. 30–Nov. 1, Whiteville  
(910) 642-8111  
www.ncpecanharvestfestival.com

**31****Trick or Treat on Main**

Rutherfordton  
(828) 245-1492  
www.rutherfordtown.com



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## Bulb know-how

- ▶ Autumn to early winter is the time to plant daffodils, crocus, tulips, hyacinths and other spring-blooming bulbs. Wait until the soil temperature at the planting depth has fallen below 60 degrees. In general, October is recommended for Zone 6 and November to early December in Zones 7–8. However, bulbs can be planted any time before the ground freezes hard and soil can still be worked. Depending on the species and variety, bulbs need a cold period of 6 to 20 weeks. Choose firm, healthy bulbs. If you can't plant them right away, keep them in a cool location (50–65 degrees F) until planting.
- ▶ The hardiness of dahlias, gladiolus, cannas and elephant ears varies, and gardeners are often undecided about whether to leave them in the ground or to lift bulbs and store them for replanting in spring. Survival depends on many factors: the average minimum winter temperatures in your area, the severity of a given winter, the degree of shelter in your garden, and the species or cultivar. Bulbs are ranked from the most tender (injured below 68 degrees F) to the hardiest (injured below 5 degrees F). The USDA Plant Hardiness Zone Map delineates three growing zones for North Carolina (6, 7 and 8). Cannas may remain in the ground, mulched, in Zones 7 and 8. Lift rhizomes in Zone 6 after first frost. Glads and elephant ears are usually safe within Zones 7 and 8, but again, conditions vary. If in doubt, lift and store.
- ▶ Tired of planting hybrid tulips again and again? Try species tulips, which are true perennials that multiply rapidly. The cheery flowers are available in an array of solid or bicolor shades; they are starlike or cup-shaped, and a single stem often bears several flowers. Most varieties are shorter in stature than hybrids. Plant your bulbs when the ground has cooled to about 60 degrees, usually by November or December.
- ▶ Plant garlic from mid-September through November, depending on your location (on the earliest side of the range in the western parts of the state). Garlic needs adequate time for roots to develop before winter and about a 2-month cold period for robust bulbs to form in spring. Spring planting is least optimal.

## Fruit and veggie tips

- ▶ Store apples, not touching each other, in baskets or boxes lined with perforated plastic or foil. Check often for any damaged fruit—apples give off a gas that speeds ripening, and injured fruits emit even more, accelerating ripening of nearby apples (thus the “one bad apple” saying). Apples are best stored at near-freezing temperatures (30–32 degrees F). Apples stored at this temperature will last up to 10 times longer than those stored at room temperature.
- ▶ Harvest turnip roots when they are 2 to 3 inches in diameter and before heavy frosts begin.



*Dahlias are hardy to USDA Zone 8, where they can be cut back and left in the ground to overwinter. In Zone 7, dahlias sometimes overwinter in the ground, depending on soil drainage and severity of the winter. To be safe, lift and store the tuberous roots during the winter.*

- ▶ Pick any green tomatoes before frost and wrap them individually in newspaper to ripen in a cool room.
- ▶ Pick outer leaves of collards and kale for cooking. If you leave a central growing point, plants will continue to produce new leaves.

## Hort Shorts

- ▶ If you lack indoor space to store pots of tender impatiens, begonias, coleus, fushias and potato vines, take cuttings before the first frost. Cut 4- to 6-inch sections of stem and place in water in a small jar, bottle or vase. Pinch blooms and remove any leaves below the water line. When roots form, plant in small pots and keep in a sunny location. Cuttings often survive in water alone. Just be sure to keep the containers filled with water above the root line, trimming roots a bit if they become too matted. These can then be potted closer to spring and re-introduced into the garden after danger of frost.
- ▶ Don't fertilize perennials at this time of year. They need to ready themselves for winter dormancy. ☺



Carla Burgess can be reached at [ncgardenshare@mindspring.com](mailto:ncgardenshare@mindspring.com).

For more gardening advice, go to the “Carolina Gardens” section of [www.carolinacountry.com](http://www.carolinacountry.com).





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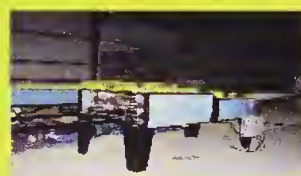
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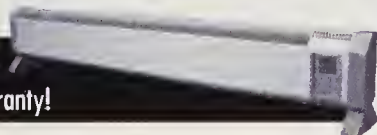
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## Think R-value, not inches, for insulation

Having proper insulation throughout your home is imperative these days if you want to keep your utility bills in check. Insulation not only reduces heat loss during winter and heat gain during summer, but it can also make you feel more comfortable by keeping the indoor wall surface warmer during winter or cooler during summer.

There is nothing more uncomfortable than sitting near a cold, uninsulated outside wall or window during winter. This is because the surface of your skin loses heat energy by radiation to the cold surface even though the room air temperature is adequately high for comfort. When you are uncomfortable, you often set the thermostat a little higher (lower during summer) and this increases your utility bills.

The amount of the insulation (final installed R-value) is generally more important than the type of insulation you select to install. This is particularly true in an open area, such as the attic floor, where the amount installed is not limited by the width of the opening as it is inside of a wall or floor. Your co-op's energy service advisor or your local insulation contractor or building inspectors can advise you about the recommended amounts of insulation for your climate. Or check the [www.doe.gov](http://www.doe.gov) Web site (Department of Energy).

Although you often hear the amount of insulation quoted in inches of thickness, the true measure of insulation is its final installed R-value. The insulation properties of various materials vary significantly, so the inches installed does not really tell you very much. In addition to the material itself, the quality of the installation job (minimizing voids) is important for the maximum savings.

Assuming the insulation is installed according to the manufacturer's recommendations, most fiberglass, mineral wool and cellulose insulation has an R-value of about 3 to 4 per inch thickness. Fiberglass and mineral wool can be installed as batts or blown into the cavity or on the attic floor. Some polyurethane foam insulation materials, such as Corbond, can provide more than R-7 per inch thickness.

When you talk with various insulation contractors, make sure they quote the final installed R-value of the insulation you are getting. Particularly with blown-in loose-fill insulation, the density can be too low. This means you get a lot of inches of depth, but the resultant insulation R-value is not as high as you expected. All reputable insulation contractors should provide a quote based on the final R-value.

For your attic, blown-in insulation can be a good choice. This can be fiberglass, rock wool or cellulose. The cellulose is treated with fire retardants so it is safe for residential use. In fact, you can rent insulation blowers for cellulose and install it yourself. Whether you install it or hire a professional contractor, make sure there are baffles over the attic soffit vent inlets. These keep the insulation from blowing over them and blocking the airflow.

For the walls in your new room, consider batt insulation. The batts are sized properly to fit normal wall stud spacing.



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Batts with the vapor barrier already attached are simple to install and they form a reasonable vapor seal. Covering the wall with film seals is even better. Environmentally safe batt insulation made from recycled cotton (made with denim waste from manufacturing) is also a good choice. The cotton is treated for fire safety.

Sprayed-on urethane foam insulation offers the highest insulation levels for limited space inside a framed wall. Closed-cell foams are best because they form their own vapor barrier. Another option is blown-in fiberglass or mineral wool mixed with a resin material. Once it is blown into the walls, the resin sets up so the insulation will not settle, eliminating future voids. A small void area can lose a lot of energy. If the wall is already closed in, standard blown-in insulation is a good option.

For both new and existing walls, adding rigid foam board insulation to the exterior can work well. Any type of exterior finish can be applied over the insulation board. It is effective to have the insulation on the exterior because the thermal mass of the entire wall structure is within the insulation envelope.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit [www.dulley.com](http://www.dulley.com). ☎

*James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.*

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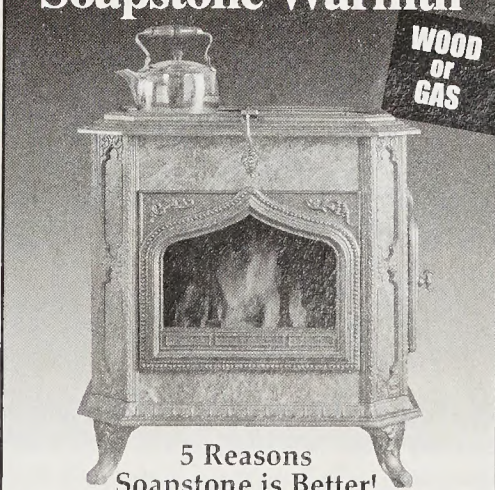


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### Halloween Pumpkin Bars

- 1½ cups pumpkin pie filling
- 2 cups sugar
- 1 cup vegetable oil
- 4 eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chopped pecans
- 1 can (16 ounces) cream cheese frosting
- Yellow and red food coloring
- 70 pieces candy corn
- ½ cup milk chocolate chips

In a large mixing bowl, beat the pumpkin, sugar, oil, eggs and vanilla. Combine the flour, baking powder, baking soda, and salt; gradually add to pumpkin mixture and mix well. Stir in pecans.

Pour into a greased 15-by-10-by-1-inch baking pan. Bake at 350 degrees for 20–25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Tint frosting orange with yellow and red food coloring. Frost bars; cut into 35 squares. For eyes, place two pieces candy corn on each bar.

In a small microwave-safe bowl, melt chocolate chips; stir until smooth. Transfer to a heavy-duty resealable plastic bag; cut a small hole in a corner of the bag. Pipe dots on candy corn for pupils; decorate faces as desired.

*Yield: 35 bars.*



### Caramel Apple Crisps

- 3 cups old-fashioned oats
- 2 cups all-purpose flour
- 1½ cups packed brown sugar
- 1 teaspoon ground cinnamon
- 1 cup cold butter
- 8 cups thinly sliced peeled tart apples
- 1 package (14 ounces) caramels, halved
- 1 cup apple cider, divided

In a large bowl, combine the oats, flour, brown sugar and cinnamon; cut in butter until crumbly. Press half of the mixture into a greased 13-by-9-by-2-inch baking dish. Layer with half of the apples and caramels and 1 cup oat mixture; repeat layers. Pour ½ cup apple cider over top.

Bake, uncovered, at 350 degrees for 30 minutes. Drizzle with remaining cider; bake 15–20 minutes longer or until apples are tender.

*Yield: 12–14 servings.*

### Buttermilk Cake with Caramel Icing

- 1 cup butter, softened
- 2½ cups sugar
- 3 eggs
- 1½ teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 cup buttermilk

#### Icing:

- ¼ cup butter, cubed
- ½ cup packed brown sugar
- ⅓ cup heavy whipping cream
- 1 cup confectioners' sugar



In a large mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine flour and baking soda; add to creamed mixture alternately with buttermilk, beating well after each addition (batter will be thick).

Pour into a greased and floured 10-inch fluted tube pan. Bake at 350 degrees for 45–50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

For icing, in a small saucepan, combine the butter, brown sugar and cream. Bring to a boil over medium heat, stirring constantly. Remove from the heat; cool for 5–10 minutes. Whisk in confectioners' sugar. Drizzle over cake.

*Yield: 12–16 servings.*



Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at [www.tasteofhome.com](http://www.tasteofhome.com).

Find more than 300 recipes at [www.carolinacountry.com](http://www.carolinacountry.com)

### Winning reader recipe

#### Easier-Than-Pie Pretzel Dip

- 1 cup sour cream
- 1 cup mayonnaise
- 1 cup mustard
- ½ cup sugar
- ¼ cup dried minced onion
- 1 envelope Ranch Salad Dressing mix
- 1 tablespoon horseradish (from a jar)

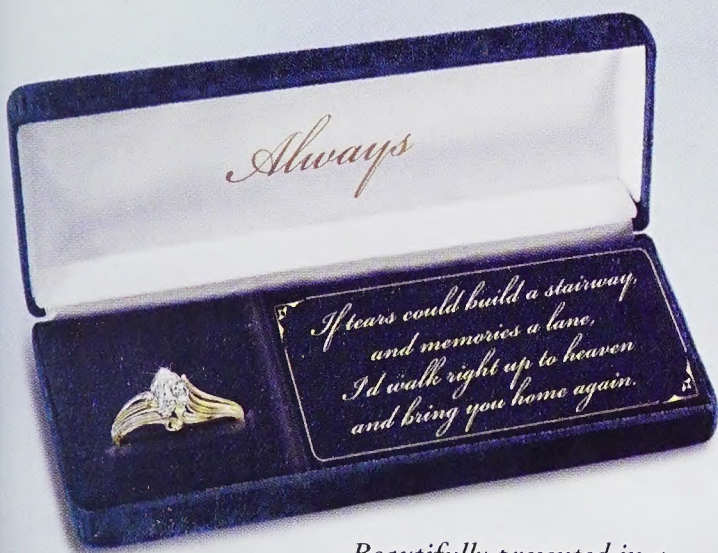
Mix all really well. Refrigerate, the longer the better, but minimum 30 minutes. Serve with pretzels.

*Moni Young of Albemarle EMC will receive \$25 for submitting this recipe.*

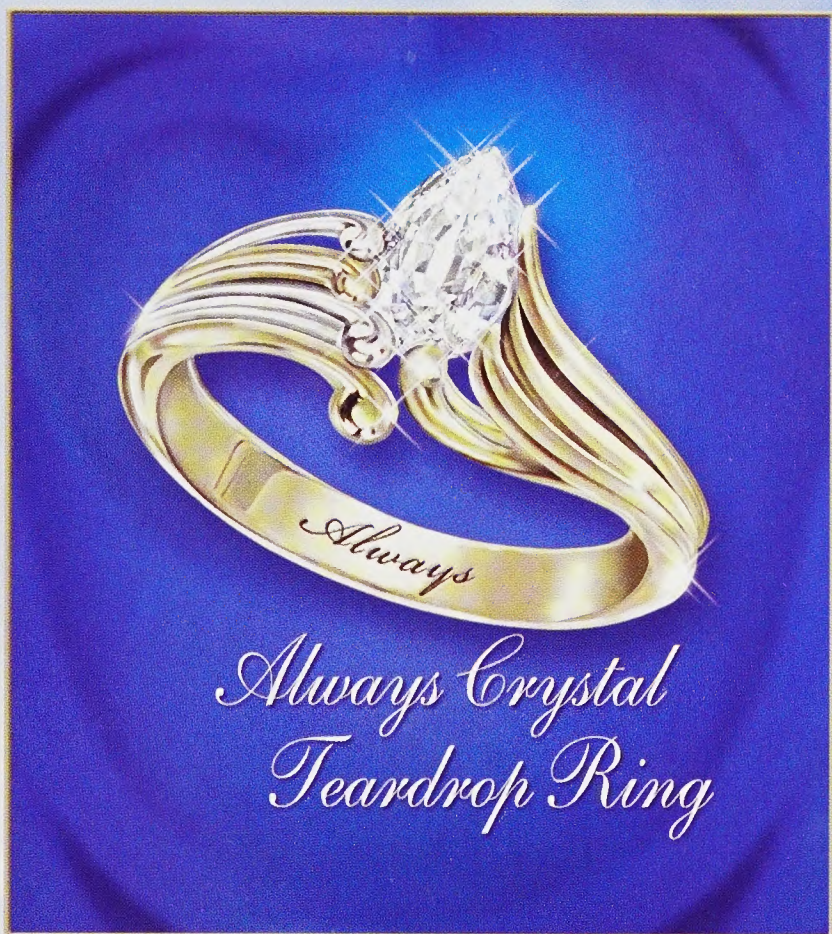
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85	\$ 19.77	\$ 16.52

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#### Sample Monthly Rates per 1,000\*

<u>Issue Age</u>	<u>Male (tobacco)</u>	<u>Female (tobacco)</u>
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

\* Does not include \$36 policy fee, minimums may apply